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Spaghetti Mizithra (Greek-style Spaghetti)

**1 lb Spaghetti
1 c Butter or margarine
1/2 lb Kasseri cheese, grated
1/4 lb Romano cheese, grated
1/4 c Chopped parsley**

**Cook spaghetti until tender but firm to the bite. Drain. Melt butter in large skillet and cook just until it turns brown. Meanwhile, combine cheeses. Place spaghetti on warm platter, sprinkle with mixed cheeses, then drizzle with browned butter. Sprinkle with parsley.
Servings: 6**

Created by: The Spaghetti Factory, Hollywood

Pita Bread

**5 c Bread flour (or more)
3 tb Sugar
2 ts Salt
2 pk Dry yeast
2 c Water
1/4 c Oil or shortening
Cornmeal**

Combine 2 cups flour, sugar, salt and yeast in large bowl of electric mixer and blend well. Heat water and oil in small saucepan until very warm (120 to 130F). Add warm liquid to flour mixture. Blend at low speed until moistened. Beat 3 minutes at medium speed. By hand stir in 2 1/2 to 3 cups flour until dough pulls cleanly away from sides of bowl. On floured

surface knead in 1/2 to 1 cup flour until dough is smooth and elastic with blisters under surface, about 10 minutes. Place dough in greased bowl, cover loosely with plastic wrap and cloth towel. Let rise in warm place until light and doubled in bulk, about 1 1/2 hours. Punch down dough, divide in 2 parts, then mold into balls. Allow to rest on counter, covered with inverted bowl, 15 minutes. Divide dough in 14 equal pieces and shape into balls. On lightly floured surface, roll each ball into 7-inch circle about 1/8-inch thick. Place circles about 2 inches apart on cornmeal-sprinkled baking sheets. Cover and let rise in warm place about 30 minutes. Bake at 450F 8 to 10 minutes, or until edges turn light golden brown. Servings: 14

Kourambiedes

1 c Sweet butter
1/2 c Powdered sugar
1 Egg yolk
2 tb Brandy or Cognac, (optional)
1 ts Almond extract
1 ts Vanilla extract
1 ts Baking powder
2 1/4 c Sifted cake flour; (or more)
3/4 c Ground almonds; toasted
1 lb Powdered sugar; sifted

In electric mixing bowl, whip the sweet butter until it is fluffy and white. Continuing to beat on medium speed, gradually add the 1/2 cup powdered sugar, egg yolk, and flavorings.

Meanwhile, sift the baking powder with the flour and gradually add to the batter, mixing by hand and working the flour thoroughly into the mixture before adding more. Mix in ground almonds. Knead until a soft, buttery dough is formed that will stay together when a little is rolled in the palms of your hands. Break off pieces slightly larger than a walnut, then roll into balls, half-moons, or S-curves. Place on cookie sheets allowing an inch between each. Bake on the center rack of a 350-degree oven for 12 to 15 minutes or until golden colored, not chestnut. Remove from the oven and carefully lift each Kourambie and place on a generous layer of sifted powdered sugar. Immediately sift more powdered sugar over to cover Kourambiedes. Allow to cool for 10 to 15 minutes before lifting and rolling to be sure they are evenly coated. May be served in individual fluted paper cups. Servings: 50

Modified from a recipe in "The Food of Greece" by Vilma Liacouras Chantiles.

Spanakopitas

FILLING

2 tb Butter or oil
1 lb Frozen spinach; thawed
3 Green onions; sliced
3 tb Minced parsley
2 tb Chopped fresh dill
1/2 lb Feta cheese; crumbled
3 Eggs; lightly beaten

Salt & Pepper to taste

PASTRY

1 lb Commercial Filo pastry

1 / 2 lb Melted butter

In butter or oil, saute green onion until soft. Meanwhile, squeeze out excess moisture from spinach and chop by hand or in food processor.

Combine green onion with spinach and remaining filling ingredients in bowl. Mix well and set aside.

Lay out the Filo sheets, covering them with waxed paper and a damp towel.

Take out two sheets at a time and keep the rest covered. Brush melted

butter onto top sheet of each pair. Cut each double-sheet crosswise into

equal strips, about 2-1 / 2" wide. Place 1 teaspoon of the filling 1" from

the end (nearest you) of each strip. Fold the strips back over the filling

so the bottom edge meets the left edge, forming a right angle. Continue

folding back at right angles to make a triangular shape. Place on baking

sheets and keep covered until all are ready to bake. Bake in a 350 degree

oven for 20 to 25 minutes or until golden and crisp, turning once. NOTE-

Spanakopitas may be frozen before baking. When ready to bake, separate

while still frozen, spread on baking sheets, and bake as above, allowing an

extra 10 minutes baking time. Servings: 60

Skordalia

4 md Potatoes
6 Garlic cloves (or more!)
1/2 c Olive oil
1/3 c White vinegar*
1 pn Salt

*Note-- Lemon juice may be substituted for part of the white vinegar. Peel potatoes, boil, then mash. Let cool. In blender or food processor, process the garlic with a bit of the oil til almost paste-like. Transfer to electric mixer bowl. Add potatoes, beating until mixture resembles a paste. Gradually add remaining olive oil and vinegar/lemon juice, beating thoroughly until well absorbed. Add salt, taste for seasoning, and beat until the sauce is very thick and smooth, adding more vinegar if necessary. Cover and refrigerate until ready to serve.
Servings: 6

Baklava

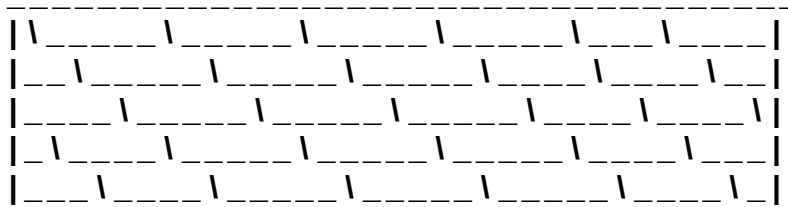
3 1/2 c Granulated sugar
2 1/2 c Water
2 tb Honey
1 Lemon rind
1 Stick cinnamon
4 Whole cloves
1 1/4 lb Walnuts & blanched almonds
- Chopped medium fine
2 ts Ground cinnamon
1 ts Ground cloves
1 1/2 lb Commercial filo sheets
1 lb Sweet butter; melted

Combine 3 cups sugar, the water, honey, whole lemon rind, and whole spices in a saucepan and bring to boil. Lower the heat and simmer for 15 minutes, then remove the lemon peel and spices and cool.

Meanwhile, in a large bowl, combine the nuts, remaining 1/2 cup sugar, and ground spices and set aside. Lay filo sheets flat, cover with waxed paper and then a damp towel. Keep covered except when removing to assemble the baklava. Count 8 filo sheets, fold, cover and refrigerate to reserve for the top. Using a large pastry brush, butter an 11 1/2-inch by 15 1/2-inch by 3-inch baking pan. Lay a filo sheet on the bottom of the pan, brush with warm butter, and repeat using 8 sheets. Scoop up a handful of the nut-spice mixture and sprinkle over the top filo sheet inside the pan. Lay on 3 or more filo sheets, brushing each with butter, and sprinkle again with the nut mixture. Continue until all the nuts and filo are used. (The important things here are to butter each filo and spread the nuts evenly. The way to do the latter is to rotate the pan several times during the procedure.) Now you can remove the reserved sheets from the refrigerator and spread over the top, brushing on each sheet.

Using a long, very sharp knife, score the baklava from top to bottom into diamond shapes planning in advance the size desired. Be sure the knife touches the bottom of the pan as you cut. Heat the remaining butter to sizzling and pour over the top. Bake in a 300 degree oven for 1 1/4 hours or until golden chestnut in color and flaky. Remove from the oven (in the pan) to a rack, and spoon the cooled syrup over the entire pastry. Cool in the pan, then serve each piece individually. Servings: 60

Cutting Diagram:



Bougatsa

- 1 / 2 lb Cream cheese**
- 1 lb Fresh ricotta cheese**
- 1 lb Fresh lg-curd cottage cheese**
- Granulated sugar**
- 1 / 2 ts Grated nutmeg**
- 18 Sheets commercial filo**
- 1 / 2 c Butter (or more); melted**

Using an electric mixer, beat the cream cheese at high speed until light and fluffy. Lower the speed and add the ricotta, cottage cheese, 1 1 / 2 tablespoons sugar, and the nutmeg. Beat for 1 minute at high speed, then set aside while you prepare the filo.

Lay the filo flat on a table and keep covered with a damp towel over waxed paper or plastic wrap. By stacking 4 sheets, form a base of 15 x 18 inches, brushing the top of each sheet with melted butter as you stack them. Then lay 2 sheets at right angles over the center, using the "base" as a diamond, not a square, brushing the center of each with butter.

Divide the filling into 3 parts and spread one part over the filo to form a 7-inch square. Set the rest of the filling aside. Fold the top filo

sheet over the cheese and brush with butter, and continue folding the filo over the cheese to make a square, brushing each time with butter. With a wide spatula, lift the bougatsa and invert onto a cookie sheet. Brush the top with butter and set aside. Repeat with the remaining filo, filling until all 3 square pies are folded. Bake in a 350 degree oven for 15 to 20 minutes or until the filo puffs up and turns a golden chestnut color. Cut into small squares and sprinkle with additional sugar. Serve piping hot. Servings: 8

Milopita (Greek Apple Pastry)

1 lb Commercial filo sheets

----FILLING ----

8 Apples*

1/2 c Sugar

1/2 ts Cinnamon

1/2 ts Allspice

1 tb Cornstarch

1/4 c Currants or raisins

1/2 c Walnuts

1/2 c Butter; melted

----TOPPING ----

1 c Powdered sugar

*Note- Apples should be cored, peeled and chopped. If desired, 2 cups canned apples (drained) may be substituted.

Defrost frozen filo to room temperature, 2 to 4 hours. Mix filling in a

bowl tossing ingredients with a spoon. Set aside.

Lay 5 sheets filo flat, one on top of each other, with a little melted

butter brushed between the sheets. Spread 1 cup of filling along one end.

Roll filo over the apple filling so you will have a long filled tube. Fold side edges over 1/2" so filling won't fall out. Continue rolling.

Place in a buttered baking pan or cookie sheet. Brush tops generously

with melted butter. Bake at 350 degrees for 1 hour. Sift powdered sugar

over tops and sides as soon as it is taken out of the oven and while still

hot. When cool, cut into 2" pieces and serve. Servings: 8

Soupa Avgolemono (Greek Egg-lemon Soup)

2 qt Chicken broth; strained

1/2 c Raw long grain white rice

2 Whole eggs or egg yolks

2 Lemons; (juice only)

Salt

Bring the broth to a full boil in a soup kettle. Gradually add the rice,

stirring constantly until the broth boils again. Reduce the heat, cover,

and simmer until the rice is just tender, not mushy, 12 to 14 minutes.

Remove from the heat and keep warm while preparing avgolemono. Beat the

eggs for 2 minutes. Continue to beat, gradually add the lemon juice.

Slowly add some of the hot broth to the egg-lemon mixture, beating

steadily. Stir the mixture into the soup and cook over minimum heat,

without boiling, until the soup thickens to coat a spoon. Taste for salt,

and keep warm over hot water until ready to serve. Pass the pepper mill

at the table for additional zest.

(If desired, bite-sized pieces of cooked chicken may be added to soup before adding the rice). Servings: 6

Greek Tsoureki (Easter Bread)

1 c Milk
1/2 c Sweet butter
1 pk Active dry yeast
1/2 c Granulated sugar
1 ts Salt
2 Eggs; beaten
5 tb Orange juice
1 tb Grated orange rind
5 1/2 c Sifted flour
Butter; melted
Red-dyed, hard-boiled eggs
1/4 c Slivered almonds
2 tb Granulated sugar

In a small saucepan, combine the milk and butter over medium heat and

scald. Stir until the butter melts, then pour into a mixing bowl. When

lukewarm, sprinkle in the yeast, and with fingers or a heavy spoon

gradually stir in the 1/2 cup sugar until it dissolves. Then add the

salt, eggs 3 tablespoons of the orange juice, and the orange rind,

stirring continuously, and gradually add half the flour until the mixture

begins to bubble. Continue adding flour gradually by hand; the dough will

be sticky, but should not be stiff. Flour your fingers lightly and knead

for 15 minutes. Place the dough in a large buttered bowl, brush the dough

with melted butter, cover, and place in a warm area to rise until doubled

in bulk (approximately 2 to 3 hours).

Punch the dough down and divide into 2 parts. Divide each half into 3 parts and roll each into a long rope about 10" x 2". Braid the three ropes together; pinch to seal the ends if leaving long, or join together to form a long round loaf (see note below). Repeat with the other half of the dough to make a second tsoureki. Place in large baking pans or on a cookie sheet, cover, and let rise until doubled in bulk (approx. 1 1/2 hours).

Meanwhile, prepare the glaze by mixing the remaining orange juice, remaining sugar, and the almonds in a small bowl. Bake the tsourekia in a 375 degree oven for 20 minutes. Remove from the oven and with a pastry brush glaze the tops and sides of loaves. Return to the oven and bake for another 15 to 20 minutes until the color is a rich and shiny chestnut.

Note: If using the Easter eggs, tuck them into the center when you shape the loaves, leave until loaves have doubled and bake them with the loaf. After baking, though lovely, the eggs will be inedible. Also in some provinces, the tsoureki is formed with a large braid and a smaller one over it, making a much larger loaf requiring a longer baking time. Servings: 2

Pastitsio

1 1/2 lb Ziti thick, uncut macaroni

Salt

2 c Grated cheeses*

6 tb Melted butter

7 Eggs
6 c Saltsa Kima
6 c Medium Saltsa Aspri
1 ts Ground cinnamon
1/2 ts Grated nutmeg
1 c Bread crumbs

***Note:** Grated cheeses can be any combination of mizithra, kefalotyri (hard ricotta) or Romano cheeses.

In a large pot, boil the ziti in salted water until almost tender. Drain thoroughly. In a large bowl, combine the macaroni, 1 1/2 cups of the grated cheeses, the butter, and 4 of the eggs, lightly beaten. Butter an 11" x 15" x 3" baking pan, and in it layer half the macaroni mixture. Separate 2 of the eggs and combine the 2 egg whites plus 1 more whole egg with the Saltsa Kima. Spread it evenly over the macaroni in the pan and cover with the remaining macaroni. Meanwhile, combine the Saltsa Aspri with the 2 egg yolks and the spices. Pour over the macaroni, spreading it into the corners with a spatula. Sprinkle the top lightly with the remaining cheese and the bread crumbs. Bake in a 350 degree for 45 minutes or until a golden crust develops and the sauce bubbles. Remove from the oven and allow to stand for 15 minutes before cutting into squares. Serve on a warm platter.

Note: Try this once using 1 1/2 pounds of ziti for an elegant pastitsio.

A very rich recipe; you can safely reduce the meat sauce and Saltsa Aspri by one cup, if desired. Servings: 24

Saltsa Kima (Greek Meat Sauce)

- 1 Onion; chopped fine
- 3 tb Butter
- 1 lb Lean ground beef
- 1 Garlic clove
- 1/2 c Dry red wine
- 1 lb Canned, peeled tomatoes*
- 2 tb Tomato paste
- 1/2 ts Granulated paste
- 1 Stick cinnamon
- 1 Bay leaf
- Salt & Pepper
- 4 tb Chopped parsley
- 1 Sprig basil or 1/2 t dried

***Note: Tomatoes should be drained and chopped.**

In a heavy saucepan cook the onion in a little water over medium heat

until softened, then add the fat and cook the onion until translucent.

Combine the ground beef with the onion, mashing with a fork and stirring

until the raw color disappears. Add the garlic and wine, then cover and

simmer for 5 minutes. Stir in the tomatoes, the tomato paste, sugar,

cinnamon stick, bay leaf, salt and pepper to taste, then simmer, covered,

for 30 minutes longer. Add the parsley and basil during the last 10 to 15

minutes. Cook uncovered for the last few minutes, to allow excess liquid

to evaporate; the sauce should be thick. Remove the cinnamon stick before

serving. Makes 4 cups. Servings: 4

Saltsa Aspri (Greek White Sauce)

THIN WHITE SAUCE

- 1 tb Butter

1 tb Flour
1 c Milk; warm

----MEDIUM WHITE SAUCE ----

2 tb Butter
2 tb Flour
1 c Milk; warm

----THICK WHITE SAUCE ----

3 tb Butter
3 tb Flour
1 c Milk; warm

----OPTIONAL ----

Salt & White pepper
Grated nutmeg

To make the sauce, in a heavy saucepan melt the butter and heat **WITHOUT** browning. Using a wire whisk, stir in the flour. Cook for 1 to 2 minutes over low heat, then remove from the burner and gradually stir in the warm milk. Move the pan back to the heat and bring to a boil, stirring steadily for a smooth sauce. Add a pinch of salt and white pepper, and grate a little nutmeg for a nice flavor.

As a general rule, thin white sauce is used for soups and sauces, medium for pastitsio and moussaka and other au gratin dishes, and a thick sauce for croquettes and souffles. Servings: 1

Taramosalata

3 sl French / Italian bread; -OR-
2 md -Potatoes, boiled & peeled
5 oz Tarama (fish roe)
1 c Olive oil
1 Lemon's juice (or more)
2 tb Vinegar

1 tb Water (more if necessary)
1/2 Onion, (optional); grated

Soak the tarama in warm water a few minutes, then rinse and drain. If

using bread slices, discard crusts, soak bread in water, then squeeze dry.

Using an electric blender or electric mixer (or old-fashioned mortar and

pestle), thoroughly blend the bread or potatoes and the tarama.

Add the

olive oil as slowly as possible, blending at medium speed, plus a little

water if the mixture forms peaks. Add the grated onion, if desired, then

whip at high speed for a few minutes.

Note: The flavor may be mitigated to suit taste by adding more bread or

potato; a too-salty taste may be adjusted by dropping in a few tablespoons

of sour cream while blending. Leftover taramasalata can be stored in a

covered jar in the refrigerator for 7 to 10 days. Servings: 8

Melitzanosalata

2 Eggplants (1 - 1-1/2 lbs ea)

4 Garlic cloves

2 Tomatoes; peeled and chopped

Salt & freshly ground pepper

2 tb Fresh parsley; chopped

1 ts Dried oregano; crumbled

1/3 c Olive oil, more if necessary

6 tb Red wine vinegar, or more

Bake eggplants for 45 minutes in a 375 degree oven or in hot ashes. Peel

off and discard the skin, then chop the eggplant flesh while still hot.

Rub a wood or earthenware bowl with one of the garlic cloves, cut. Add the eggplant and beat with a wooden spoon-- or if available use a wood mortar to pound the eggplants. Continue pounding or beating, meanwhile adding the tomatoes, a little salt and pepper, 2 to 3 cloves garlic, crushed, and the herbs. Continuing to beat, gradually add the olive oil alternately with the red wine vinegar. Taste, adding oil and vinegar if necessary; melitzanosalata should be thick and smooth. Serve cold with fish, meat, or fresh crisp bread. Servings: 6

Note: You will have excellent results by whipping melitzanosalata in a blender or food processor as well.

Karydopita

3 c Water
4 c Granulated sugar
1 Orange or lemon; peel only
2 Whole cloves
18 Eggs; separated
5 tb Cognac
1 ts Vanilla extract
1/2 ts Baking soda
6 oz Zwieback; crushed fine
1 lb Walnuts; coarsely chopped
1 ts Ground cinnamon

Combine the water, 2 1/2 cups of the sugar, orange or lemon peel, and cloves in a saucepan and boil for 10 minutes. Remove the peel and cloves and cool. Meanwhile, using an electric mixer, beat the egg yolks until

light and lemon colored, and gradually add the remaining 1 1/2 cups sugar.

In a separate bowl, mix the Cognac, vanilla extract, and baking soda and

slowly add to the yolks and sugar. Combine zwieback, walnuts, and

cinnamon, and gradually add to the batter, mixing on low speed. Meanwhile,

beat the egg whites until soft peaks form. Slowly fold into the cake

batter, then pour into a greased 15 1/2" x 11" x 2" baking pan. Bake in a

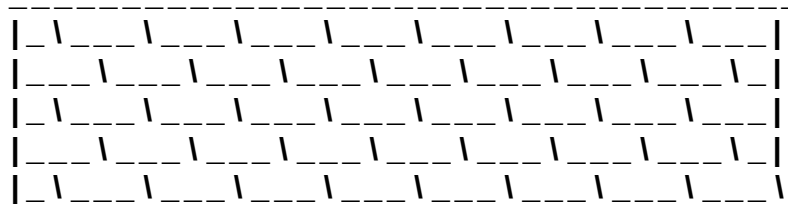
350 degree oven for 30 minutes, or until a deep chestnut color. Remove

from the oven and set on a wire rack. Spoon the cooled syrup over the

cake and allow it to cool in the pan. Cut into traditional diamond

shapes, according to desired size. Servings: 24

Cutting Diagram:



Stuffed Cabbage With Rice & Pine Nuts Avgolemono

- 2 md Cabbage heads
- 3 tb Clarified butter
- 1 md Onion; chopped fine
- 1 c Water
- 1 c Raw long grain rice
- 1/4 c Raisins or currants
- 1/2 c Pine nuts
- 1/4 c Chopped fresh parsley
- 1/4 c Chopped fresh dill

- Salt & freshly ground pepper
- 3 Eggs
- 1 Lemon, juice only
- 2 tb Butter; cut into bits

Plunge cabbages into boiling salted water and cook about 8 minutes, then drain thoroughly and set aside while you prepare the filling. In a heavy skillet heat the clarified butter, add the chopped onions and cook until soft and transparent. Add the water and bring to a boil, then add the rice and stir. Lower the heat and simmer gently until the rice has absorbed the liquid, approximately 15 minutes. Remove from heat and add the raisins or currants, pine nuts, parsley, dill and season with salt and pepper. Cool. Separate 2 of the eggs and mix the egg whites into filling. Reserve the yolks for the avgolemono. Stuff and roll the cabbage leaves, using one heaping tablespoon filling, roll up snugly, then place, seam side down, in a casserole. Dot with butter and add water to cover, then cover cabbage rolls with an inverted plate and cover casserole. Simmer for approximately 1 hour, then transfer to a warm serving dish and keep warm. Strain the remaining liquid for the avgolemono sauce. Beat the remaining eggs and yolks for 2 minutes. Continuing to beat, gradually add the lemon juice. Then add the 1-1/2 cups cooking liquid by droplets, beating steadily, until all has been added. Cook over hot water, not boiling, stirring constantly until the sauce thickens enough to coat a spoon. Pour over the cabbage rolls and serve hot. Servings: 6

Briami Mystras (Multi-Vegetable & Herb Casserole)

1 1/2 lb Potatoes; peeled and sliced
1 1/2 lb Zucchini; scraped and sliced
3/4 lb Okra; trimmed
Vinegar
1 (1 lb) eggplant; sliced*
1 lb Fresh/canned tomatoes;sliced
1 bn Fresh parsley; chopped
1 bn Fresh dill; chopped
Salt & freshly ground pepper
1/2 c Olive oil
5 Scallions; chopped
3 Garlic cloves; minced
Toast or bread crumbs

*Soak okra in vinegar to remove slime, then rinse well.

Eggplant

may be salted and rinsed before slicing if desired.

In a large bowl, place all the vegetables, reserving half the tomatoes.

Season with the parsley, dill, salt, and pepper, and mix thoroughly.

Layer the vegetables in a large casserole, alternating vegetables as much

as possible. Meanwhile, heat the oil in a small pan and saute the

scallions and garlic, stirring. Chop the remaining tomatoes and add them

to the scallions, stirring. Simmer for 10 minutes, then spoon over the

vegetables. Dust the top with the crumbs and bake in a 350 degree oven

for 1 hour. Serve warm or cold. Servings: 8

Prassa Me Domata (Leeks Stewed With Tomatoes)

2 Bunches leeks
1 c Canned tomatoes or tom.juice

1 c Stock or broth
1 Onion; chopped
1 Celery stalk; chopped
1 sm Bunch parsley; chopped
1 pn Dried thyme or oregano
3 tb Butter or oil
Salt & freshly ground pepper
2 tb Lemon juice

Cut off the stem ends and green parts of leeks, then wash thoroughly and cut into 1-inch slices. Soak in hot water for 5 to 10 minutes, then drain and discard the water. In a non-aluminum pan, combine with the tomatoes or tomato juice, stock or broth, onion, celery, parsley, thyme or oregano, 3 tablespoons butter or oil, and salt and pepper. Simmer until tender (approximately 20 minutes), adding the lemon juice during the last 5 minutes. Serve warm or cold. Servings: 4

From: "The Food of Greece" by Vilma Liacouras Chantiles,
Avenel Books, New

Greek Tomato Sauce With Olive Oil

2 tb Olive oil
1 sm Onion; chopped
2 Garlic cloves; minced
2 lb Fresh tomatoes*
1 ts Granulated sugar
1/4 c Red wine
Salt & freshly ground pepper
1 Stick cinnamon (optional)

- 2 Sprigs parsley; chopped
- 1 Sprig fresh basil; chopped

*Note: Tomatoes should be peeled and chopped if fresh, or you may substitute 1 two-and-one-half pound can plum tomatoes, chopped.

Heat the oil in a heavy saucepan, stir in the onions, and cook gently until transparent. Add the garlic, tomatoes, sugar, wine, salt and pepper, and cinnamon, if desired. Taste for seasoning, then allow the sauce to simmer gently for 30 minutes. Remove the cinnamon stick before serving hot.

NOTE: For a thicker sauce, add 1 / 4 cup tomato paste diluted with 1 / 4 cup water when adding the tomatoes. For a smoother consistency, the sauce may be strained and seeds discarded just before the parsley and basil are added. Servings: 1

Gyros

- 2 lb Lean lamb, ground
- 2 sl Bread; toasted, crushed
- 1 ts Allspice; pounded
- 1 ts Coriander; crushed
- 1 Garlic clove; crushed
- 1 Onion; grated
- 1 ts Chopped fresh savory
- Salt & freshly ground pepper
- 3 sl Bacon
- 6 Pita bread pockets
- 2 Tomatoes; sliced thin

Vinegar & oil to taste
1 c Chopped fresh parsley
1 c Plain yogurt

In a large bowl, combine the ground lamb with the bread, allspice, coriander, garlic, onion, savory, and salt and pepper, and knead thoroughly. The mixture should be spicy, though not too herby, and hold its shape. Break into 5 sections, each as large as a navel orange, then break each section into 6 balls. Knead and flatten slightly to a thickness of about 3/4". Cut the bacon slices into widths equal to these balls, keeping the slices of bacon between them. Slip a cane skewer through the centers and roll gently with the palms to smooth the edges. (There will be 5 or 6 skewers, depending on their length.) Cover and refrigerate overnight. When ready to cook, set on a broiler tray or grill and cook under moderate heat, turning every 5 minutes. (The bacon will baste the meat.) The surface will be crusty and the inside cooked within 25 minutes. To serve: Put out the bread, meat, tomatoes seasoned with the vinegar and oil, parsley and yogurt in separate dishes. Guests may open pocket bread and stuff them with meat and seasonings. Servings: 6

Soutzoukakia Smyrneika (Ground Meat Sausages, Smryna Style)

4 tb Butter; melted

1 lb Tomatoes; peeled
 1 ts Granulated sugar
 Salt & freshly ground pepper
 3 Garlic cloves; crushed
 1/4 c Dry white wine
 1 sm Bay leaf
 1 lb Lean ground beef
 2 sl Bread; crusts removed,
 - soaked in water, and
 - squeezed dry
 1 ts Ground cumin
 1 Egg; lightly beaten
 2 ts Parsley; minced
 1 ts Salt; (or more to taste)
 1 pn Freshly ground pepper
 Oil for frying

Combine the melted butter, tomatoes, sugar, salt & pepper, 1
 clove of
 garlic, wine, and bay leaf in a saucepan. Simmer for 30
 minutes, then
 strain through a fine sieve or food mill. Meanwhile, combine
 the
 remaining ingredients in a large bowl and knead thoroughly.
 (The mixture
 should not be stiff.) Pinch off pieces a little larger than a
 walnut and
 shape with the hands into elongated egg shapes about 1 x 3
 inches. Fry
 them lightly on all sides in hot oil and then drain on paper
 towels, or
 arrange them on a baking dish and bake in a 375 degree oven
 for 20
 minutes, turning once. Drop the soutzoukia in sauce and
 simmer for 15
 minutes. Serve with a steaming grain dish and fresh, cooked
 vegetables
 or salad. Servings: 20

Keftedes Tiganites (Fried Greek "Meatballs")

Servings: 24

**1 lb Lean beef or veal, ground
1 md Onion; grated
1 Garlic clove; crushed
2 sl Bread; crusts removed
1 Egg; lightly beaten
3 tb Parsley; (minced)
2 Mint sprigs; chopped
1/2 ts Ground allspice*
1 tb Dry red wine
2 tb Water (more if necessary)
Salt & freshly ground pepper
All-purpose flour
Oil for frying**

***Note: Bread slices should be soaked in water, then squeezed dry. *Ground cinnamon or coriander may be substituted for allspice if desired.**

In a large bowl, combine the ground meat with the onion, garlic, bread, egg parsley, mint, spice, and wine and knead for 2 minutes. The mixture

should be soft; add a few tablespoons of water if necessary. Season with

salt and pepper to taste, then cover and refrigerate for at least 1 hour.

Pinch off small pieces the size of walnuts or smaller and roll into balls

between your palms, then dredge lightly in flour. Heat the oil in a

frying pan to the smoking point, slip in the keftedes, and fry until

crisp, turning constantly with tongs. Remove with slotted spoon and drain

on absorbent paper.

Wine Sauce For Keftedes (Keftedes Tou Fournou Krasata)

Servings: 1

- 1 c Tomato sauce
- 2 c Dry red wine
- 1 lg Bay leaf
- 2 Whole cloves
- 1/2 ts Dried oregano or marjoram
- Salt & freshly ground pepper

Prepare Keftedes Tiganites, but instead of frying, arrange close together

on a baking pan approximately 8 x 11 x 2-inches. Bake for 10 minutes.

Meanwhile, in a small pan combine the tomato sauce, red wine, bay leaf,

cloves, oregano or marjoram, salt and pepper. Boil for 5 minutes then

pour over the keftedes in the oven. Reduce the oven heat to 300 degrees

and bake for 40 minutes. Remove the bay leaf and cloves and serve warm.

Moussaka

Servings: 8

- 1 tb Butter
- 1 c Finely chopped onion
- 2 lb Lean ground beef or lamb
- 1 1/2 lb Tomatoes; peeled & sliced
- 1/4 c Chopped parsley
- 6 oz Tomato paste
- Salt & pepper
- Vegetable oil

Flour
2 lg Eggplants; peeled, sliced
2 Potatoes; peeled & sliced
1 c Butter
1 c Flour
4 c Milk; (hot)
4 Eggs; slightly beaten
1 c Grated Mizithra or Parmesan
1 ds Nutmeg
Salt & pepper

Melt 1 tablespoon butter in large skillet. Saute' onion until soft. Add beef 1/2 pound at a time and cook in batches until brown. Add tomatoes, parsley and tomato paste. Cook 10 to 15 minutes. Season with salt and pepper to taste. Set aside. Heat oil in large frying pan. Flour eggplant lightly. Saute' eggplant on both sides in hot oil until golden. Fry potatoes in same skillet, using additional oil if necessary. Set aside. Melt 1 cup butter in medium saucepan. Add 1 cup flour slowly, stirring to form smooth paste. Gradually add hot milk, stirring over low heat until thick and smooth. Mix in eggs and cheese; cook 1 minute. Season with nutmeg, salt and pepper to taste. Preheat oven to 350 degrees. In a 2-quart baking dish, arrange in alternating layers: potatoes, 1/2 meat sauce, 1/2 eggplant, 1/2 meat sauce, remaining eggplant. Pour cheese sauce over top. Bake until golden, about 50 to 60 minutes.

Pumpkin Walnut Phyllo "snails"
Servings: 20

1 Pumpkin (4 to 4 1/2 lbs.)
1/2 c Granulated sugar
2 tb Ground cinnamon
1 c Chopped walnuts
1 lb Commercial phyllo sheets
1/2 c Olive oil or butter; melted

Cut the pumpkin in half, remove and discard the seeds, the peel using a

sharp knife. Grate the pumpkin on the medium holes of a cheese grater

(there should be approximately 4 cups of finely grated pumpkin). Taste

for flavor, adding more sugar if desired. Start to roll the "snails".

Lay the phyllo flat and deep, covered with a damp towel except when

rolling. Brush one filo sheet lightly with the oil and fold in half lengthwise. Spread a row of filling (about 3 to 4 tablespoons) across the

length of one end of the filo to within an inch of each edge. Roll up to

seal the filling, forming a long tube. Then, beginning at one end, curl

up tightly into a "snail-like" coil and set on a baking sheet.

Continue

until all the filling has been used, keeping the rolls covered with waxed

paper or plastic to avoid drying. Brush the rolls with oil or butter and

bake in a 350 degree oven for 25 minutes or until puffy and crisp. Serve

warm or cold with poultry or game dishes. From: "The Food of Greece" by

Vilma Liacouras Chantiles, Avenel Books, New York.

Baklava 2

Categories: Greek, Desserts

Servings: 30

----BAKLAVA ----

3 / 4 c Finely chopped walnuts

3 / 4 c Finely chopped pistachios

**1 / 2 c Chopped blanched almonds
- (lightly toasted)**

1 / 2 c Superfine sugar

1 ts Cinnamon

1 ts Nutmeg

1 1 / 4 lb Sweet butter; melted

1 pk Commercial phyllo sheets

SYRUP

2 1 / 2 c Sugar

1 3 / 4 c Water

1 Orange's rind; finely grated

1 Lemon's rind; finely grated

5 Whole cloves

1 Cinnamon stick

1 c Honey

Combine nuts, sugar, cinnamon and nutmeg. Brush a 13 x 9 x 2-inch baking

pan well with butter. Separate 25 phyllo sheets from package. Place under

a smooth, damp towel to prevent drying. Wrap remaining filo well. Freeze

for future use. Place one phyllo sheet in pan. Trim to fit. Brush generously with melted butter. Repeat procedure until there are 5 layers

of buttered phyllo in the pan. Sprinkle with 1 / 4 nut mixture.

Repeat

this procedure two more times, ending with phyllo. Drizzle any remaining

butter over top. Bake in 350 degree oven 1-1 / 2 hours or until golden

brown. Remove baklava from oven. Using a sharp knife, immediately cut

long, diagonal lines from corner to corner, forming an "X".

Follow these

guidelines to cut baklava into serving-size diamonds. While still hot,

pour cooled syrup over baklava.

Syrup: Combine sugar, water, orange and lemon rinds, cloves and cinnamon

stick in saucepan. Bring to boil. Simmer, uncovered, about 5 minutes to

thicken syrup slightly. Remove from heat. Discard spices. Stir in

honey. Cool at room temperature. Pour over hot baklava.

Allow to stand

overnight before serving.

From: "Classic Greek Cooking" by Daphne Metaxas.

Zucchini Blossoms, Cretan Style

Categories: Greek, Appetizers, Vegetables

Servings: 6

30 Zucchini blossoms

3 tb Olive oil

4 Scallions, minced

1 Garlic clove; minced

1/3 c Raw long grain rice

1/2 c Canned tomatoes; drained

3 tb Chopped parsley

3 tb Chopped fresh mint or dill

Salt & freshly ground pepper

1/2 ts Granulated sugar

Soak the stems in cold water overnight, without soaking the blossoms. The

following day, wash and drain on a towel. Cut off and discard the stems

without breaking the blossoms, and set the blossoms aside while you make

the filling. Heat the oil and saute' the scallions until soft. Add the

garlic and rice and cook over moderate heat for 2 minutes stirring constantly with a wooden spoon. Stir in the tomatoes, herbs, and enough water to cover the rice, then season with salt and pepper and the sugar. Simmer for 5 minutes, and remove from the heat. Using a teaspoon, stuff each blossom carefully, holding it in the palm of one hand, then close it and lay it on its side in a buttered flameproof casserole large enough to accomodate all the blossoms. Continue until all are filled. Pour 1 cup of warm water into the casserole. Invert a plate over the flowers, then cover the casserole and simmer over lowest heat about 1-1/2 hours. Check every 30 minutes to see if more water is needed; if so, add warm water (it should all be absorbed when cooked). Serve with poultry, meat or fish dishes, or as a delightful first course. From: "The Food of Greece" by Vilma Liacouras Chantiles, Avenel Books, New York.

Lamb Souvlaki

Servings: 8

- 1 Leg of lamb; boned, cubed *
- 5 Baby lamb sweetbreads, opt. *
- 4 Baby lamb kidneys, opt. *
- 1/4 c Olive oil
- Lemon's juice
- 1/4 c Wine
- 1/4 ts Thyme
- 1/4 ts Oregano
- 1/4 ts Rosemary

- 1 Bay leaf; crushed
- 2 Garlic cloves; crushed
- Freshly ground black pepper
- 8 Bay leaves; cut
- Firm tomatoes (opt); 1 / 4'd
- Green peppers (opt); cubed
- Salt
- Oregano and lemon quarters

***Note: Lamb meat(s) should be cut into cubes the size of walnuts.**

Place the lamb, sweetbreads, and kidney cubes in a large non-aluminum

bowl. Make a marinade of the oil, lemon juice, wine, herbs, garlic, and

pepper and pour over the meat. Marinate in the refrigerator, preferably

overnight, or for at least 3 hours. Thread the meat on long skewers

alternating the bay leaves with the tomatoes and peppers, if desired.

Grill over hot coals or broil 6 inches from the heat, brushing with the

remaining marinade and turning frequently. Season with salt and pepper,

then remove the meat from the skewers to a warm platter and crush oregano

over the top. Garnish with lemon quarters and serve hot.

From: "The Food of Greece" by Vilma Liacouras Chantiles.

Pork Souvlakia

Categories: Greek, Meats

Servings: 1

Lean pork cubes, 1" x 1 / 2"ea

Cane skewers

Salt, pepper, lemon, oregano

IN ADDITION, FOR METHOD 2

Lemon juice
Olive oil
Garlic; crushed
Dry white wine
Fresh tomato wedges
Onion slices
Tzatziki recipe
Fresh pita or french bread

Thread the pork lengthwise on 8" round or flat cane (bamboo) skewers.

Grill over hot coals or griddle until thoroughly cooked, then sprinkle

with salt and pepper and dip quickly into lemon juice. Crush oregano over

the meat. Source: "The Food of Greece" by Vilma Liacouras Chantiles,

Avenet Books, New York.

Method 2: Our family makes up a marinade of lemon juice and good quality

olive oil, oregano and/or thyme, pepper, crushed garlic & maybe a little

dry white wine. Marinate the pork overnight, then grill til just cooked,

not dry. Eat as is, straight from the skewers, or remove meat and serve

in pita bread pockets, with tomato wedges, onion slices, and Tzatziki,

passing salt and additional freshly ground black pepper.

Turkish Delight 1

Categories: Candies, Greek

Servings: 1

2 c Sugar
2 tb Cornstarch
1 c Water

1/2 ts Cream of tartar
1 tb Flavoring *
Food coloring **
1/2 c Toasted nuts, chopped ***
Confectioners' sugar

* Flavorings: rose, mastic, strawberry, orange or lemon.
** Food coloring: red, yellow, green or orange (depending on
flavoring
used)
*** Nuts: almonds or pistachios

Dissolve sugar and cornstarch in water. Add cream of tartar.
Boil to 220
degrees F. Cover pot the last 5 minutes. Add flavor and food
color. Add
nuts.

Pour into oiled shallow pan. When cool, cut into squares and
roll each
piece in sifted powdered sugar. Store in plastic bag.

From: The Complete Greek Cookbook, by Theresa Karas
Yianilos, Avenel
Books, New York.

Turkish Delight 2

Categories: Candies, Greek
Servings: 24

3 tb Unflavored gelatine
1/2 c Cold water
1/3 c Boiling water
2 c Sugar
4 tb Extract *
Food coloring **
1/4 c Pistachio nuts; chopped
1 c Confectioners' sugar

- * Extract: may use orange, lemon or raspberry extract.
- ** Food Coloring: Use appropriate color to match flavor.

Soften gelatine in cold water. Add sugar to boiling water.
Bring to
boil. Stir in softened gelatine. Simmer, uncovered, 20 minutes.
Add
flavoring and coloring. Pour into ungreased, 8-inch square pan.
Add
nuts. Stir gently. Chill. When firm, invert onto cutting board.
Cut
into 1 1/2 inch cubes. Roll in confectioners' sugar. Store in a
jar at
room temperature. Serve with Greek Coffee.

From "Classic Greek Cooking" by Daphne Metaxas. ISBN: 0-911954-31-7.

Title: Grape Nut Roll (Soutzouki)
Categories: Candies, Greek
Servings: 1

6 oz Frozen grape juice;undiluted
1/2 c Sugar or honey
1 sm Box pectin jell
Citric acid (pea-sized);*OR*
1 -Lemon, juice only, instead
1/2 c Whole walnuts
3 tb Cornstarch
1/4 c Cold water

Candied nuts and grape juice, "soutzouki", is an ancient candy
recipe
still being used in the villages of Greece. The traditional recipe
is
quite involved, calling for the stringing of walnuts like beads on
linen

thread, boiling many pounds of grapes into a thick syrup and coating the nuts by pouring the thick syrup over them just as if you were making candies until a purple necklace is formed. You can make this recipe in a simpler way without having to stamp on the grapes with bare feet.

In a large deep pot bring juice and honey or sugar to a vigorous boil.

Add pectin and boil 5 minutes. Dissolve citric acid first in a tablespoon of hot syrup, then add to the rest of the syrup, mixing it in. Add nuts.

Dissolve cornstarch in cold water and mix into syrup, stirring quickly.

Cook 1 minutes more.

Ladle thick mixture on to heavy waxed paper. Make a long thick roll.

Pick up two sides of paper and press together to make a fat sausage of

candy. Let set at room temperature. Store in plastic bag. Slice as needed.

From: "The Complete Greek Cookbook" by Theresa Karas
Yianilos, Avenel
Books, New York.

Title: Grape And Walnut Candy Rolls
Categories: Candies, Greek
Servings: 1

40 Whole walnuts
12 oz Frozen grape juice;undiluted
10 ts Cornstarch
Confectioners' sugar

Thread a needle with 2 foot length of white, heavy-duty carpet thread. Tie a knot 8 inches from the end. Carefully string 20 walnuts. Tie a knot after the last walnut. Tie thread ends together forming a necklace. Repeat for remaining 20 walnuts. Divide the grape juice concentrate. From one half, pour 1 / 3 cup into a jar. Pour the remaining amount of that half into a small saucepan. Heat to boiling. Spinkle 5 teaspoons of cornstarch into the jar of juice. Shake vigorously. Gradually stir into boiling juice. Cook until thick enough to heavily coat spoon. Remove from heat. Dip one "necklace" into grape juice until every nut is coated. Hang loop in an airy spot. Dip and hang second necklace. Allow to hang 30 minutes. Repeat the whole procedure. Dry necklaces several days until coating is no longer sticky. When dry, repeat dipping. Use the remaining half of grape juice and cornstarch. Dip necklaces twice. Let hang to dry a week. When dry, snip knotted thread. Carefully pull out. Dust rolls with confectioners' sugar. Slice into 1 / 2 inch rounds. Makes two 7-inch rolls.

From: "Classic Greek Cooking" by Daphne Metaxas. ISBN: 0-911954-31-7.

Title: Halvah Fudge
Categories: Candies, Greek
Servings: 1

2 c Brown sugar
2/3 c Milk
2/3 c Sesame Tahini
1 ts Vanilla

Cook sugar and milk in a sauce pot over medium heat to just under the soft-ball stage, to 230 degrees F. Remove from fire and add tahini and vanilla but do not mix in immediately. Let it cool about 2 minutes. Beat with paddle or spoon for a few seconds and pour quickly into a buttered pan.

From: "The Complete Greek Cook Book" by Theresa Karas Yianlios, Avenel Books, New York.

Title: Syros Island Nougat
Categories: Candies, Greek
Servings: 1

1 c Roasted pistachios & almonds
2 c Sugar
1 c Corn syrup
1 c Honey
1/2 ts Cream of tartar
3 Egg whites
1/4 ts Salt
1 ts Vanilla
1/4 c Oil for pan
Cornstarch (or see note)

Note: Sweet rice flour or thin rice wafers may be used instead of cornstarch to line pan.

Roast nuts on shallow pan in preheated oven at 350 degrees F for 10 minutes.

Combine sugar, corn syrup, water, and cream of tartar in a deep sauce pot. Stir gently over medium heat until sugar dissolves and bring to a boil. After it comes to a boil, cover pot for 5 minutes, then wash down

sides of pot with a clean brush to remove sugar crystals.

Continue

cooking on medium-high heat to 272 degrees F on a jelly thermometer.

Remove from heat.

In a separate pot heat honey to boil.

Whip egg whites and salt until stiff and dry using a heavy electric

mixer and large bowl. Add a small amount of honey at first in a thin

stream, very slowly. Beat in vanilla and continue adding remaining honey

and then syrup. Beat until batch thickens and the beater slows down. Add

nuts and blend in.

Oil a long shallow pan. Sift a thick layer of cornstarch or sweet

rice flour over it or lay rice wafers over bottom. Pour out the nougat.

Dust top with more rice flour or thin rice wafers and let stand overnight

to set. Cut into rectangular pieces about 3/4" by 1" and wrap individually in heavy waxed paper.

From: "The Complete Greek Cook Book" by Theresa Karas Yianilos. Avenel Books, New York.

Title: Sesame Honey Sticks Pastelle

Categories: Candies, Greek

Servings: 1

1 c Sesame seeds

1 c Honey

Spread the sesame seeds on a pan and toast in preheated oven at 350

degrees F for 5 minutes. Bring honey to a boil. Add seeds and continue

cooking on medium heat to 280 F (light crack reading). Watch it

carefully, it burns quickly.

Pour into buttered pan, and flatten with spatula to 1 / 2" thickness.

Score into 2" pieces while hot. Allow to cool. Store in plastic bag.

**From: "The Complete Greek Cookbook" by Theresa Karas
Yianilos. Avenel
Books, New York.**

Title: Pasteli Me Fistikia (Pistachio & Honey Candy)

Categories: Candies, Greek

Servings: 50

1 lb Fresh, unsalted pistachios

1 1 / 4 c Sugar

1 c Honey

1 1 / 2 c Water

Butter or oil

Peel and place pistachios on a baking sheet, the put in a slow oven

(250 F) to roast for 20 minutes. Remove from the oven and cut into

quarters.

Meanwhile combine the sugar, honey, and water in a heavy pan, and stir over medium heat until dissolved. Lower the heat and boil to the very firm stage (250 to 256 degrees), toss in the pistachio nuts and stir, then remove from the heat. Butter or oil a marble slab, jelly roll, or any aluminum pan and quickly spread the candy using a spatula or knife. Allow to cool, then cut into squares and store in covered containers.

Author's note: A Greek pastry chef told me that glucose and honey are usually used for this excellent treat.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Yuvetsi Kritharaki Me Kima Kypriotiko
Categories: Main dish, Pasta, Greek
Servings: 4

2 tb Vegetable oil or margarine
1 lb Lean meat, ground
1 Onion; minced or grated
Salt & freshly ground pepper
3 Whole cloves
1 Cinnamon stick
2 tb Tomato paste
1 c -Hot water
1 qt Stock (same flavor as meat)
1 1/4 c Kritharaki or orzo
Parsley or watercress

Heat the oil and mash the meat into it with a fork, then cook over

moderate heat, stirring constantly until the raw color disappears. Add the onion, salt, and pepper to taste, spices, and tomato paste diluted with hot water. Cover and simmer for 20 minutes, then remove the spices. Add the hot stock and kritharaki and transfer to a buttered "yuvetsi" or baking casserole. Taste and adjust seasonings.

Bake in a moderately hot oven for 40 minutes, or until the pasta is tender and all liquid has been absorbed, stirring once. Remove from the oven. Drape with a dry kitchen towel to absorb moisture. Serve hot, garnished with parsley or watercress.

Title: Manestra (Meat With Orzo)
Categories: Greek, Pasta, Meats, Main dish
Servings: 4

1 tb Oil
1 lb Beef or lamb stew meat
2 Onions; chopped
1 c Tomato sauce; - =OR= -
1 tb -Tomato paste instead
1 ts Salt
1/8 ts Pepper
1/8 ts Cinnamon
1 ts Spearmint flakes
4 c Boiling water
1 c Manestra (orzo)
1 c Grated cheese (Mizithra!)

Heat oil in large saucepan and brown meat and onions for 10 minutes over

medium heat. Add tomato, seasonings, and 2 cups water.

Cover and simmer

for 1 1/2 hours until meat is tender.

Add remaining water and bring to a boil. Add manestra. Stir once or

twice. Simmer 20 minutes more. Serve hot with grated cheese.

From "The Complete Greek Cookbook" by Theresa Karas
Yianilios, Avenel
Books, New York.

Title: Kopenhagen

Categories: Greek, Cakes, Desserts

Servings: 30

PASTRY

3/4 c Butter

1/4 c Sugar

1 Orange (grated rind only)

2 Egg yolks

2 1/2 c Flour

1 pn Salt

-ALMOND FILLING -

6 Eggs; separated

1/2 c Caster sugar

1/4 ts Almond essence

1/4 c Plain flour

1/2 ts Baking powder

2 c Ground almonds

1 pn Salt

TO FINISH TORTE

8 Fillo pastry sheets

1/4 c Unsalted butter; melted

2 c Granulated sugar
1 c Water
1 Thin strip orange rind
1 Thin strip lemon rind
2 ts Lemon juice
2 Pieces cinnamon bark

Cream butter and sugar with grated orange rind until light and fluffy;
beat in egg yolks. Sift flour and salt into butter mixture to form a soft
dough.

Lightly grease a round 20 cm (12 inch) dish (a "tapsi") or a 25 x 30 cm
(10 x 12 inch) baking dish. As pastry moulds easily any tears can be
pressed together. An alternative is to put pastry in dish without
rolling, and press it over base and sides with fingers. Even out by
rolling with a straight-sided glass.

Bake in a moderately hot oven for 15-20 minutes until lightly coloured.
Remove and cool.

To make almond filling, beat egg yolks, sugar and almond essence until
thick and light. Sift flour with baking powder and combine with ground
almonds. Fold this lightly into beaten egg yolks. Beat egg whites with
salt until stiff but not dry and fold lightly into almond mixture. Pour
into pastry-lined dish.

On a flat surface butter a fillo pastry sheet, top with another and
butter. Continue until all sheets are used. Leave a top sheet unbuttered. Lift onto top of almond filling and trim edges of fillo in
line with pastry crust, using kitchen scissors. Brush top with remaining

butter. With a sharp knife or razor blade make slits through the top 2 or 3 sheets running the length of the dish and spacing them 4 cm (1 1/2 inches) apart.

Bake in a moderate oven for 45 minutes until top is golden and filling is

set. Meanwhile dissolve sugar in water over medium heat, add fruit rinds,

lemon juice and cinnamon bark and bring to the boil. Boil for 10 minutes,

strain and cool. When torte is cooked, cut through slits in pastry down

to the bottom crust. Pour cooled syrup over hot torte, leave until cool.

Cut diagonally to give diamond-shaped pieces for serving.

Source: The Complete Middle East Cookbook by Tess Mallos.
ISBN:1 86302 069 1.

Title: Pasticcio Di Maccheroni

Categories: Greek, Casseroles, Main dish

Servings: 12

2 tb Butter

1 md Onion; finely chopped

1 sm Green onion; minced

1 Celery stalk; finely chopped

1 Carrot; finely chopped

2 ts Salt

A little pepper

750 g Ground beef

2 md Tomatoes; chopped

2 Egg whites

1/2 kg #1 or #2 macaroni or pennaki

2 tb Unsalted butter

2 c Grated cheese

-BECHAMEL SAUCE -

3 tb Butter
3/4 c Flour
1 kg Milk
Salt & pepper
2 Egg yolks

Saute the onion, green onion, celery and carrot in the butter until tender. Add the salt, pepper, ground beef and a few spoons of water.

Saute a few minutes and add the tomatoes. Leave the meat with the sauce to simmer for 1/2 an hour. Remove from the heat and add the lightly beaten egg whites.

Boil 4 kilos water with a tablespoon salt. Put in the macaroni and leave it to boil for 10 minutes. Add one cup cold water and then drain the macaroni.

While macaroni is cooking, prepare the Bechamel Sauce: Put the 3 tablespoons butter and the flour into a saucepan. Stir over slow fire until smooth. Add the milk, gradually, whisking with a wire whisk or electric mixer. Continue cooking until sauce thickens. Remove from the fire and add salt and pepper to taste (optionally, grated nutmeg is also good). Lightly beat the egg yolks, then add a few spoonfuls of the hot sauce to them, and mix well. Then add the egg yolks to the the rest of the Bechamel sauce, mixing them in well. Set aside.

Put the unsalted butter into the macaroni and then put half the macaroni into a rectangular baking pan. Sprinkle with plenty of grated cheese

and then cover with the meat. Put the remaining macaroni on top and cover with cheese. Pour the Bechamel Sauce over. Bake for about 40 minutes in a medium oven. Cut into squares when slightly cooled and serve.

Source: Misko Ltd. Athens Greece
Translation by: Karen Mintzias

Title: Kalamarakia Tursi (Pickled Squid)
Categories: Greek, Seafood, Appetizers
Servings: 6

12 md Squid
3 tb Olive oil
Salt
Freshly ground pepper
1/4 c Chopped fresh parsley
Few sprigs fresh rosemary
2 c White vinegar (approx.)

-PICKLING SPICES & HERBS -
8 Black peppercorns
2 Garlic cloves
1 Bay leaf
1 Sprig fresh rosemary

Wash and clean the squid, separating the outer sacs from the heads and tentacles, removing and discarding the translucent cartilage, and small sand bag and ink. Rub salt on the outer sacs and rinse them inside and out with cold water. Heads and tentacles should be rinsed thoroughly. Cut the sacs into 1/2-inch wide rounds. Heat the oil in a frying pan and slip in the squid rounds, heads and tentacles. Cover and simmer until bright pink

and tender (approximately 30 minutes), adding salt and pepper to taste,

parsley and rosemary during the last 15 minutes. Half fill a clean

quart-sized jar with the squid and all the juices remaining in the pan.

Add white vinegar almost to the top, then the pickling spices and herbs.

Seal the jar tightly and shake. Marinate at least one day before serving.

Keep in the refrigerator.

To serve, remove from marinade and serve cold, within 10 days.

Source: The Food of Greece by Vilma Liacouras Chantiles.
Avenel Books, New

Title: Marides Marinates (Marinated Smelts)

Categories: Greek, Fish, Appetizers

Servings: 30

2 lb Smelts; cleaned & drained

1 Lemon (juice only)

Flour for dredging

Oil for frying (pref. olive)

1/2 c Dry white wine

1/4 c Wine vinegar

2 tb Chopped fresh parsley

1 tb Chopped fresh thyme; *OR*

1 ts -Dried oregano

1/2 ts Dry mustard

-mixed with:

1 tb Cold water

2 tb Olive oil

Salt & freshly ground pepper

Sprinkle each smelt with lemon juice, roll in flour, and fry in hot oil about a half-inch deep. Drain on absorbent paper.

Meanwhile, in a small saucepan combine the wine, vinegar, parsley, thyme or oregano, diluted mustard, oil, salt, and pepper. Simmer 8 minutes, then add the smelts. Bring to a boil and remove from the heat. Cool, then chill before serving. Serve cold.

Note: The smelts will keep several days in the refrigerator. Sliced garlic, shallot, or onion may also be added to the marinade.

Source: The Food of Greece by Vilma Liacouras Chantiles. Avenel Books, New York.

Title: Saganaki (Fried Cheese)
Categories: Greek, Appetizers, Cheese / eggs
Servings: 4

1 / 3 lb Kefalotyri or kasseri cheese
2 tb Butter
1 Lemon (juice only)

Cut the cheese into bite-sized cubes. Melt the butter in a "saganaki" (or another frying pan), and fry the cheese on all sides until crusty and chestnut colored. Squeeze lemon juice over the cheese and serve with bread, other appetizers, and wine or ouzo.

Source: The Food of Greece by Vilma Liacouras Chantiles. Avenel Books,

New York.

Title: Tyropites

Categories: Greek, Appetizers, Cheese / eggs

Servings: 60

1 / 2 lb Ricotta or cream cheese
1 / 2 lb Feta cheese; crumbled
2 Eggs; lightly beaten
1 tb All-purpose flour
1 pn Salt (optional)
1 / 2 ts Grated nutmeg (or more)
1 c Butter; melted
3 tb Butter; melted
1 lb Commercial filo sheets

In a bowl combine the cheeses, eggs, flour, salt (unless the feta is very salty) nutmeg, and 3 tablespoons butter. Cover the bowl and chill several hours or overnight, removing from the refrigerator an hour before using.

Cut the filo into thirds (3 x 11 inches). Pile up the filo, covering it with waxed paper and a damp towel. Take out one sheet at a time and keep the rest covered. Butter the filo, one sheet at a time, using a pastry brush and the 1 cup melted butter. Place 1 teaspoon of the filling 1 inch from the end nearest you. Fold the filo back over the filling so the bottom edge meets the left edge, forming a right angle. Continue folding back at right angles to make the triangular shape. Bake in a moderate

oven (350 degrees) for 20 to 25 minutes or until golden and crisp, turning once. Serve hot.

Note: Tyropites may be stacked upright in cardboard boxes and frozen.

When ready to bake, separate while still frozen, spread on baking sheets, and bake as directed above, allowing an additional 10 minutes baking time.

Source: The Food of Greece by Vilma Liacouras Chantiles. Avenel Books, New York.

Title: Diagram For Folding Tyropites Or Spanakopites
Categories: Appetizers, Misc, Greek
Servings: 1



Diagram by: Karen Mintzias

Title: Tyropita Trifti Thrakis (Thracian Style Cheese Squares)
Categories: Greek, Appetizers, Breads
Servings: 100

1 / 2 c Butter
1 / 2 c Light olive oil
1 / 3 c Milk plus;--->
2 tb Milk
1 1 / 2 ts Baking powder
1 / 2 ts Salt
-less, if cheese is salty
1 c Grated Greek cheeses
2 c All-purpose flour (or more)

Delicious! And simple to make in a large batch for appetizers.
As made
in Thrace, the soft-dough may be spread into a sheet and cut in squares
before baking, or each shaped individually into daintly "bastounakia"
(little canes or sticks). The word "trifti" identifies the texture -
crisp and crumbly in the mouth. (They are also called "kourou"
[cut
small].) If making the individual "little canes," they should be
half a
(dainty) finger wide and a finger in length. The secret of the
crispness
is in adding only enough flour to make a soft dough.

To make about 100 1-inch squares:

The mixing of the dough may be begun with an electric mixer,
but should be
finished by hand. Beat the butter until fluffy, then lower the
speed and
add the olive oil. Continue beating, and when fluffy beat in the
milk,
baking powder, salt, if necessary, and cheese. Begin adding
flour, but

after 1 cup stop beating with the mixer and beat in the remaining flour by hand, adding only enough to make dough soft enough to roll into strips. Knead a few minutes. Spread or roll on buttered sheet (jelly roll tray, cookie sheet, or any flat pan) to a thickness of half-finger's width and cut into squares of desired size (the smaller the better, since they are rich). Bake in a moderate oven (350 degrees) for 20 to 25 minutes, moving to the top shelf for the last minutes to achieve a golden chestnut color. (If making the "little canes," the baking time will be 10 to 12 minutes.) Remove when done and cook on a rack.

Note: Stored in covered tins, these will keep for several weeks.

Source: The Food of Greece by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Kreatopitakia (Baked Savory Pastries W/ Seasoned Meat)

Categories: Greek, Appetizers, Meats

Servings: 60

3 tb Butter or margarine
2 Shallots or onions; minced
1 lb Lean ground lamb or beef
1/2 c Dry white wine
3 Sprigs fresh parsley;chopped
1 tb Chopped fresh mint or dill
1/2 c Tomato sauce
Salt & freshly ground pepper
1/2 c Grated cheese*

1 Egg; lightly beaten
1 tb Bread crumbs; if necessary
1 lb Commercial filo sheets
1 c Butter; melted

***Note: Suggested cheeses for this recipe are Greek kefalotyri or Parmesan.**

Heat the 3 tablespoons butter or margarine and cook the shallots until soft, then add the meat and mash with a fork over medium heat until the color changes. Add the wine and simmer a few minutes. Stir in the herbs and tomato sauce; season with salt and pepper to taste and simmer for 20 minutes. Cool. Add the cheese and egg, and if the mixture is very liquid, stir in the bread crumbs immediately before stuffing.

Filo sheets should be unrolled flat, and cut into thirds (3 x 11 inches).

Pile up the filo, covering it with waxed paper and a damp towel. Take out

one sheet at a time and keep the rest covered. Butter the filo, one sheet

at a time, using a pastry brush and the 1 cup melted butter.

Place 1

teaspoon of the meat filling 1 inch from the end nearest you.

Fold the

filo back over the filling so the bottom edge meets the left edge, forming

a right angle. Continue folding back at right angles to make the triangular shape. Place on baking sheets and keep covered until all are

ready to bake. Bake in a moderate oven (350 degrees) for 20 to 25 minutes

or until golden and crisp, turning once. Serve hot.

**Source: The Food of Greece by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

Title: Dolmades Yialandzi (Stuffed Grapevine Leaves)
Categories: Greek, Appetizers, Vegetarian
Servings: 60

3 / 4 c Olive oil
1 / 2 sm Onion; chopped
8 Scallions; chopped fine
2 lg Garlic cloves; chopped
1 c Raw long-grain rice
1 bn Fresh dill; chopped
1 / 2 bn Fresh parsley; chopped
1 1 / 2 Lemons (or more), juice only
Salt & freshly ground pepper
1 c Hot water
1 lb Jar grapevine leaves

Heat the 1 / 2 cup oil in a skillet. Add the onion and scallions and saute for about 5 minutes, until soft and transparent. Add the garlic and cook for a few minutes, then add the rice, dill, parsley, lemon juice, salt, pepper, and remaining 1 / 4 cup olive oil. Stir well, then add the hot water. Cover and simmer about 5 minutes. Remove from the heat and cool.

Meanwhile, carefully remove the grapevine leaves from the jar, leaving the brine in the jar. Wash grapevine leaves thoroughly and drain, then with a sharp knife cut the heavy stems from the leaves. (If using fresh grapevine leaves use the same procedure, parboiling leaves for 5 minutes when not tender, then drain.) Line an enameled pan with a few heavy grapevine leaves and set aside. To stuff a grapevine leaf, put it on your

working surface rough side up and stem end near you, and place a teaspoonful of the rice mixture near the stem end. Using both hands, fold the part of the leaf near you up and over the filling. Then fold the right side of the leaf over the filling, then the left side, and roll tightly and back away from you and toward the pointed end of leaf. Place the "dolma", seam side down, in the prepared pan. Continue stuffing grapevine leaves until the mixture has been used. (If any grapevine leaves remain, replace in the reserved brine for future use.) Place an inverted plate on the dolmades, then add enough water to cover the dolmades (about 1 to 1-1/2 cups). Bring to a boil, then cover the pan, lower the heat, and simmer as slowly as possible for 1-1/4 hours, then taste one to see if the rice is tender, and continue cooking slowly if necessary. Cool, then chill. Serve cold, as an appetizer or as an entree.

Note: An important variation, particularly in Macedonia and Thrace: add a few tablespoons of raisins and pine nuts to the filling when adding the rice. Also, you may vary the size of dolmades as you wish by adding 1-1/2 teaspoons of the filling. However, be consistent to allow them to cook at the same rate. They may be stored in the refrigerator for a week or so.

Source: "The Food of Greece" by Vilma Liacouras Chantiles. Avenel Books, New York.

Title: Humus Me Tahini (Chick-Pea Salad with Tahini)

Categories: Appetizers, Greek

Servings: 8

**1 c Dried chick-peas
1 / 4 ts Baking soda
2 ts Tahini (or more)
1 / 3 c Water
1 Lemon (juice only)
1 / 4 c Olive oil
2 Garlic cloves
1 / 2 ts Ground coriander (optional)
1 / 2 ts Ground cumin (optional)
Salt & freshly ground pepper
Chopped fresh parsley**

Wash the chick-peas, then soak overnight with the baking soda in cold

water to cover. The following day, drain and wash the chick-peas, then

cover with fresh water. Bring to a boil, then lower the heat and simmer

until tender, 1-1 / 2 to 2 hours. Drain and push through sieve or food

mill, discarding the coarse fibers remaining in the sieve.

Meanwhile, put the tahini in a small bowl and beat it with the 1 / 3 cup

water until dissolved, using a whisk or fork. Beating briskly with the

whisk, add the tahini mixture, a teaspoonful at a time, to the chick-peas,

alternating with the lemon juice and olive oil. When all has been added,

crush the garlic over the mixture and sprinkle with optional spices, salt,

pepper, and 1 tablespoon chopped parsley. Beat for another minute, then

taste for seasonings and chill overnight - if possible. Serve cold,

sprinkled with additional chopped parsley. Makes about 2 cups.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

**Title: Tzatziki
Categories: Sauces, Appetizers, Greek
Servings: 4**

**2 c Plain yogurt
1 md Cucumber *
1 Garlic clove; minced
2 ts Fine olive oil (or more)
1 tb White vinegar
1 tb Finely chopped fresh dill
1 ts Finely chopped fresh mint
1 pn Salt**

***Note: Cucumber should be peeled, seeds removed, and diced
or grated.**

Drain excess juice if grated.

**Combine all the ingredients in a glass or earthenware bowl and
chill; to**

**allow flavors to penetrate cucumber. Serve as a "dip", or on
lettuce**

leaves as a salad, or with fried zucchini, eggplant, or fish.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

Title: Yuvarelakia Soupa Avgolemono (Meat-Rice "Barrel" Soup)

Categories: Greek, Soups

Servings: 6

- 1 lb Ground beef, veal or lamb**
- 1 Onion; grated**
- 2 Garlic cloves; crushed (opt)**
- 6 tb Raw long-grain white rice**
- Chopped fresh parsley**
- 2 tb Chopped dill, mint or basil**
- 1 ts Dried oregano or thyme**
- Salt & freshly ground pepper**
- 3 Eggs**
- 5 c Water or stock**
- 1 Onion (optional); chopped**
- 1 Celery stalk (opt.); chopped**
- 1/2 Carrot (optional); chopped**
- 1 Lemon (or more), juice only**

In a large bowl, combine the meat, grated onion, garlic, rice, 3 tablespoons chopped parsley, the mint, oregano, salt and pepper, and 1 egg, slightly beaten. Knead for a few minutes, then shape into walnut-sized barrels and set aside.

In a soup pot, bring the water or stock to boil with the chopped onion, celery and carrot, and salt and pepper to taste. Lower the heat and add the meat-rice barrels. Simmer, covered, for 30 minutes, then remove from the heat.

To prepare avgolemono, beat the two remaining eggs for 2 minutes.

Continuing to beat, gradually add the lemon juice. Then add 1 cup of the hot broth by droplets, beating steadily, until all has been added.

Add to the soup and heat, being careful not to let it boil. Serve hot, garnished with parsley.

Note: This soup is frequently made without the additional vegetables added to the liquid. Also, you may enjoy this soup without avgolemono, in which case add 1 / 2 cup canned tomato sauce to the liquid and reduce the water to 4 1 / 2 cups.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

**Title: Fassoulada (Greek Bean Soup)
Categories: Greek, Soups, Vegetarian
Servings: 8**

**1 lb Dried navy beans
2 Onions; chopped
2 Celery stalks with leaves
- chopped
2 Carrots; scraped & diced
4 Sprigs fresh parsley;chopped
1 c Chopped, drained tomatoes
1 Bay leaf
2 Sprigs fresh mint or thyme
Salt & freshly ground pepper
1 / 3 c Olive oil**

Wash beans and soak overnight in cold water. The next day, in a soup kettle, bring the beans to a boil in the soaking water. Skim off the foam, then add the remaining ingredients, cover, and simmer gently until the beans are tender, about 3 hours. Serve hot.

Note: Less frequently, the soup is pureed through a sieve. Also, you may add the herbs during the last hour or so of cooking, if you wish.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

**Title: Mageritsa (Easter Lamb Soup)
Categories: Greek, Soups
Servings: 8**

**Intestines, heart, lungs,
& liver of 1 lamb.
1 lamb's feet and tripe, opt
1 Lamb's head (optional)
Salt
2 Lemons (juice only)
1 sm Bunch scallions; chopped
2/3 c Chopped fresh parsley
1/2 c Chopped fresh dill
1/4 c Chopped celery leaves
6 tb Raw long-grain white rice
1/2 ts Aniseed (optional)
Freshly ground pepper
3 Whole eggs**

Note: If using the lamb's head, wash it, then soak it in cold water for 3 hours. Drain. Cut the head in half, using a sharp knife, and tie with a clean string.

If using the lamb's feet and tripe, prepare as follows: If tripe is not partially cooked, cut open with a sharp knife and clean the inside

thoroughly under running water. Put in a pan with cold salted water to cover and soak for 30 minutes, then drain and wash with cold water. Cut into small pieces and put in a large soup pot with the lamb's feet. cover with cold water, and simmer until tender, adding salt to taste during the last minutes of cooking. Cube the tripe, remove the meat of the feet from the bones, and add to the mageritsa at the same time as the cut-up intestines, adjusting the liquid by adding more water.

Clean the intestines thoroughly by turning them inside out, using a long skewer or stick (this turning will be quicker if the intestines are first cut into 2-foot lengths), then wash under cold running water until clean. Rub the intestines with salt and the juice of 1 / 2 lemon, rinse again in cold water and drain. Braid the intestines or tie the ends together with clean string. Put in a large soup pot with the lamb's head, if using, and cove with cold water. Bring to a boil, then lower the heat, skim, and simmer for 30 minutes. Remove the intestines, drain them, and cut into 1 / 4 inch pieces with the scissors and set aside to add to the soup later. (Use the remaining portion of the head for another dish.)

Bring the soup stock to a boil and add the scallions, parsley, dill, and celery leaves. Cut the heart, lungs, and liver into small bite-sized cubes, and add them to the soup, and simmer for 15 minutes. Add the rice, cut-up intestines, aniseed, salt and pepper to taste and continue simmering until the rice is tender, approximately 15 minutes, adding more

water as needed and the brains during the last few minutes of cooking.

Half an hour before serving, bring the soup to a boil, then remove from the heat and prepare the avgolemono: Beat the eggs for 2 minutes. Continue to beat, gradually add the remaining lemon juice. Then 1 to 2 cups of the hot soup by droplets, beating steadily, until all has been added. Add the avgolemono to the soup. Stir over minimum heat until thickened. Serve warm but avoid boiling the soup after adding the avgolemono.

A richer Mageritsa can be made by sauteing the scallions in 3 tablespoons butter or oil before adding to the soup.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Kalamarakia Pilafi (Squid Baked With Rice)
Categories: Greek, Seafood, Main dish
Servings: 4

1 lb Medium squid
Salt
1/4 c Olive oil
3 Garlic cloves; sliced
1/4 c Dry white wine
2 Tomatoes; peeled & seeded
3 tb Butter
1 c Raw long-grain white rice
Chopped parsley
1 tb Chopped fresh rosemary
Freshly ground pepper

Wash and clean the squid, separating the outer sacs from the heads and tentacles, removing and discarding the translucent cartilage, and small sand bag and ink. Rub salt on the outer sacs and rinse them inside and out with cold water. Rinse head and tentacles thoroughly as well. Slice squid into uniform rings, between 1 / 2 and 1 inch wide. Heat the oil in a frying pan and add the squid and garlic and saute for 5 minutes. Stir in the wine and sliced tomatoes, cover, and simmer until the squid is almost tender (approximately 30 minutes). Transfer to a baking dish.

Meanwhile, heat the butter and saute the rice, without browning, until transparent, stirring constantly. Add the rice to the squid and sprinkle with 1 / 4 cup chopped parsley, the rosemary, and salt and pepper to taste. Add enough hot water to cook the rice, slightly more than 2 cups including the tomato sauce. Cover and bake in a moderate oven (350 F) for 30 to 40 minutes, or until the rice is tender. Sprinkle with additional chopped parsley and serve hot.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books, New

Title: Spanakorizo (Spinach And Rice)
Categories: Greek, Vegetarian, Side dish
Servings: 6

2 tb Clarified butter or oil
1 sm Onion; chopped
1/2 c Raw long-grain white rice
1/2 c Tomato sauce
1/4 c Water (or more)
2 lb Fresh spinach; washed, trimmed
1/4 c Chopped parsley
2 Sprigs fresh mint; chopped
Salt & freshly ground pepper
Grated nutmeg
4 Hard-cooked eggs; sliced
Lemon wedges for garnish

Heat the butter or oil in an enameled pan, then add the onions and cook until soft and transparent. Add the rice and saute for a few minutes, stirring constantly, then add the tomato sauce (or same amount of canned chopped tomatoes, drained) and water, cover the pan and simmer until the rice is almost tender (approximately 10 minutes). Uncover and stir in the spinach, parsley, mint; season with salt and pepper. Partially cover the pan and continue cooking, stirring with a wooden spoon until the spinach has wilted. Grate a little nutmeg over the top and continue cooking until all the liquid has been absorbed and the spanakorizo is tender, not mushy. Remove from the heat and drape with a dry towel until ready to use. Transfer to a warm serving dish, and garnish with the sliced eggs and lemon wedges. Serve warm.

Note: To make Prassorizo (Leek Rice), substitute 1 1/2 pounds sliced leeks for the spinach and add with the liquid. Leeks need longer cooking time.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

**Title: Bakaliaro Tiganito (Fried Salt-cod)
Categories: Greek, Fish
Servings: 6**

**1 1/2 lb Dried salt cod
1 1/4 c All-purpose flour
2/3 c Cold water
1 pn Salt
1/4 ts Baking powder
Vegetable oil for frying**

Cut the cod into 4-inch sections. Place in a glass or earthenware bowl, cover with cold water, and soak overnight. The next day, drain and discard the water. Put the cod in a pot and cover with cold water. Bring to a boil, then remove from the heat and lift out the cod with a slotted spoon. Remove the bones and the black skin.

In a medium bowl, combine the flour, water, salt, and baking powder to make a thin batter. Dip the cod in batter and fry in hot oil (about 1/2 inch deep) on both sides, then lower heat and cook until tender, turning once again. Serve hot, with skordalia, which is cold or room temperature.

Note: If the cod is excessively salty, change water 2 or 3 times during the soaking period.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

**Title: Greek Fish Baked In Grapevine Leaves
Categories: Greek, Fish, Main dish
Servings: 5**

**5 md Whole fish; cleaned
- heads left on
2 tb Olive oil (or more)
1 Lemon (juice only)
1 tb Chopped fresh parsley
1 tb Chopped fresh thyme
1 tb Chopped fresh fennel
Salt & freshly ground pepper
3 Anchovy fillets; rinsed
- minced or mashed
2 tb Butter
15 lg Grapevine leaves
Lemon slices & fennel leaves**

Wash and dry the fish. In a glass or earthenware bowl, beat the oil, lemon juice, parsley, thyme, fennel, and a pinch each of salt and pepper.

Dip each fish in the mixture, turning to coat and allow to marinate an hour or two in the refrigerator.

Remove the fish from marinade and drain. Meanwhile, beat the anchovies and butter together and spread on the fish with a knife. Wrap each fish in grapevine leaves and place, seam side down, in an attractive baking-serving dish. Bake in a moderate oven (350 F) for 30 minutes. Serve hot,

garnished with lemon and fennel.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

Title: Oktapodi Maratho Krasato (Octopus And Fennel In Wine)

Categories: Greek, Seafood, Main dish, Appetizers

Servings: 4

**1 md Octopus
1 md Onion; chopped; *OR*
5 (scallions; chopped)
1/3 c Olive oil
1 c Dry red wine
1 bn Fennel; chopped
4 Tomatoes (fresh or canned)
- peeled, seeded & chopped
Salt & freshly ground pepper**

Beat, pound and rub the octopus from 20 to 30 minutes on a rough stone surface. The octopus will feel softer and will secrete a grayish liquid

after pounding. Wash thoroughly, then drain and cook in a covered pan

without adding water until the octopus turns bright pink-red and feels

tender. Using a sharp knife, cut into rounds the width of a small finger.

Heat the oil in a tsikali or any pot, add the onion, and cook until translucent and soft. Add the round octopus slices to the onion and pour

in the wine, and simmer for 15 minutes. Put the fennel and tomatoes on

top of the octopus, season with salt and pepper to taste, and give the pot

a good shake to mix. Cover and simmer until the octopus is fork-tender (approximately 45 to 50 minutes). Serve warm or cold.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Garides Kokkiyia Me Feta (Shrimp And Feta In Shells)
Categories: Greek, Seafood, Main dish
Servings: 6

2 lb Large shrimp
1/2 Lemon (juice only)
1 Onion or shallot; minced
3 tb Vegetable oil or butter
1/2 c Tomato sauce
3 Tomatoes
- peeled, chopped & drained
1/4 c Chopped fresh parsley
2 tb Chopped fresh basil or dill
2 Garlic cloves; crushed
Salt & freshly ground pepper
1/2 lb Feta cheese
Fresh basil leaves
(or parsley) for garnish

Shell and devein shrimp. Wash and drain, then sprinkle lightly with lemon juice. Heat the oil or butter in a frying pan and cook the onion until soft. Add the tomato sauce, chopped tomatoes, herbs, garlic, and salt and pepper to taste. Simmer for 25 minutes, then remove from the heat and strain.

Butter large scallop or other shells, or individual ovenproof dishes, and
spoon a little sauce into each. Fill with the shrimp and spoon the sauce
over, then crumble the feta over the top. Set into a baking pan and bake
for 15 or 20 minutes in a moderate oven (350 F), or until the shrimp is
cooked and the cheese melted. Garnish with fresh basil or parsley and
serve hot.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel
Books, New York.

Title: Spicy Squid In Wine, Cyprus Style
Categories: Greek, Seafood, Appetizers
Servings: 8

1 lb Small squid
1/4 c Olive oil or corn oil
3 Onions; peeled, sliced
1/4 c Vinegar
1/2 c Dry red wine
2 Cinnamon sticks
4 Whole cloves
1 Bay leaf
Salt & freshly ground pepper

Wash and clean the squid, separating the outer sacs from the heads and
tentacles, removing and discarding the translucent cartilage, and small
sand bag and ink. Rub salt on the outer sacs and rinse them inside and
out with cold water. Rinse head and tentacles thoroughly.

Heat the oil in a pan, add the squid, including the tentacles, and onions,
and cook slowly until the onions are translucent. Pour the vinegar and
wine over the squid and onions, then add the remaining ingredients and
enough water to almost cover the squid, if necessary. Cook, uncovered,
over low heat until the squid are tender and all the wine has been
absorbed, approximately 1 to 1 1/4 hours. Remove the spices and bay leaf.
Cut the squid into bite-sized pieces and serve warm or cold.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Baked Stuffed Squid
Categories: Greek, Seafood
Servings: 5

1 lb Squid
Salt
6 tb Olive oil
1 Onion; chopped
1/3 c Raw long-grain white rice
1/2 c Chopped fresh parsley
1/4 c Chopped fresh mint leaves
2 tb White wine
1/4 c Pine nuts
1/4 c Black raisins
Freshly ground pepper
4 Peeled tomatoes; drained
1/3 c White wine

Wash and clean the squid, separating the outer sacs from the heads and

tentacles, removing and discarding the translucent cartilage, and small sand bag and ink. Rub salt on the outer sacs and rinse them inside and out with cold water. Heads and tentacles should be rinsed thoroughly and cooked along with the sacs after you stuff the latter. Drain and set aside.

Heat 1/4 cup of the oil in a heavy frying pan, then add the onion and cook, without browning, until transparent. Stir in the rice and saute a few minutes, until golden. Blend in the parsley, mint, 2 tablespoons wine, pine nuts, and raisins, and season with salt and pepper to taste. Add enough water to half cover and cook for a few minutes, then stuff the squid sacs with the mixture using a very small spoon and allowing enough liquid in each for the rice to cook. Seal opening with skewers or toothpicks. Place the stuffed sacs with the heads and tentacles in a baking-serving dish. Sprinkle with salt and pepper and set aside.

Meanwhile, combine the tomatoes, 1/3 cup wine, and a little salt and pepper in a small saucepan and simmer for 5 minutes. Pour the sauce over the squid and dribble the remaining 2 tablespoons olive oil over the top. Bake in a medium-slow oven (300 F) for 1 1/2 hours or until the squid and rice are tender and the sauce has thickened. Serve warm or cold.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Arni Exohiko ("Surprise" Lamb, Country Style)
Categories: Greek, Meats, Main dish
Servings: 8

2 tb Olive oil
8 Loin lamb chops
18 Sheets commercial phyllo
6 tb Butter; hot and melted
2 c Peas; cooked and drained
16 Potato balls; parboiled
16 Cherry tomatoes; peeled
1/2 lb Kasseri cheese; in 8 pieces
Salt & freshly ground pepper
3/4 c Chopped fresh parsley
1 pn Dried oregano

***Note: 3/4-inch slices leg of lamb may be used instead of lamb chops.**

In a heavy skillet, heat the oil or butter and fry the lamb over high heat, turning frequently. Lower the heat and simmer for 15 minutes, then remove from the heat. Meanwhile, unroll the filo sheets and cover with a damp towel. In a small pan over low heat, have the butter hot without letting it brown. Remove two sheets of filo, brush with hot butter over the first, then cover with the second sheet and brush it with butter. In the center of the buttered filo place 1 lamb chop, 2 tablespoons peas, 2 potato balls, 2 cherry tomatoes, and a slice of kasseri. Sprinkle with salt and pepper, a heaping tablespoon of parsley, and a pinch of oregano. Fold the filo around the lamb and vegetables like a sealed parcel. Place,

seam side down, on a buttered baking pan (approximately 11 x 15 x 3

inches) and set aside while you repeat the procedure with the remaining

ingredients to make 8 "parcels". Brush hot butter on the tops, then bake

in a moderate oven (350 F) for 45 to 50 minutes or until golden in color.

Remove from the oven and arrange on a warm platter or on individual

dishes. Serve warm, with a fresh-cooked or raw vegetable salad.

Note: The vegetables and herbs may be varied. Substitute green beans or

lima beans for peas, use thyme or basil instead of oregano.

Arni Exohiko

is frequently prepared using buttered waxed paper, parchment paper or

aluminum foil rather than with filo.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Veal Stifado

Categories: Greek, Meats, Main dish

Servings: 5

2 tb Olive oil

1 1/2 lb Lean veal; in 1-1/2" cubes

2 Garlic cloves

Salt & freshly ground pepper

1/4 c Red wine vinegar

2 tb Dry red wine

3 Peeled tomatoes; chopped

1 lg Bay leaf

1 tb White or brown sugar

1 1/2 lb Small white onions; peeled
1/4 c Chopped fresh parsley
2 tb Butter; cut into bits
1 Cinnamon stick
3 Whole cloves

In a baking-serving casserole, heat the oil, then add the veal and saute on all sides. Add the garlic and season with salt and pepper. Stir with a wooden spoon, then add the vinegar, wine, tomatoes, bay leaf, sugar, and enough water to cover the veal. Arrange the onions over the meat, sprinkle the parsley and butter bits over the top, and slip the spices in between the meat and the onions. Shake the casserole a few times, then cover with an inverted plate to keep in place and cover tightly with a lid (using a little flour-water paste around the inside of the lid to seal if you wish). Bake in a slow oven (300 F) for 2 to 2-1/2 hours or over minimum heat on a burner, until the veal and onions are tender. Remove from the heat and serve warm.

Note: After peeling the onions, pierce the root end of each onion with the tip of a small, sharp knife, then slash again at a right angle to make a cross. This will keep the onion whole and intact during the cooking process.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.**

Title: Pork Braised With Celery Avgolemono
Categories: Greek, Meats, Main dish
Servings: 4

3 lb Lean shoulder or leg of pork
4 tb Butter or margarine
1 Onion; finely chopped
Salt & freshly ground pepper
3 c Hot water (approximately)
1 Bunch celery
2 tb Flour
2 Egg yolks
1 1/2 Lemons (juice only)
Parsley or celery leaves

Wipe the pork with damp paper towels, then cut into 1-1/2 inch cubes (the fat and skin may be left on during the cooking and removed later). Melt 2 tablespoons of the butter in a heavy pan or Dutch oven. Add the onion and cook until soft and transparent, then add the pork and cook, stirring, over medium heat until the raw meat color disappears. Season with salt and pepper, add hot water to cover, then cover and simmer gently (or bake in a 325 F oven) for 30 to 35 minutes, or until almost tender. (The timing is important because the celery is to be added and cooked with the pork only until both are tender but not overcooked.)

Meanwhile, prepare the celery. Wash the stalks and scrape the heavy ones slightly. Cut each stalk once lengthwise (if large) and then across into 1-1/2 inch slices. (Use the leaves as well, if desired, but a few might be saved for a garnish or an accompanying salad.) Add the celery to pork

and continue simmering 25 minutes until both are tender.
Using a slotted spoon, remove the pork and celery and place in a serving dish, first removing and discarding the fat from the meat. Keep warm.
Skim the fat from the cooking liquid, then add water or boil down rapidly to make to make 1-1/2 cups. Keep hot while you prepare the avgolemono.

To prepare the avgolemono, heat the remaining 2 tablespoons butter in a pan. Stir in the flour, and after cooking over low heat for 1 minute, gradually add 2 cups of the hot cooking liquid from the meat. Stir until the sauce comes to a boil. Meanwhile, in a small bowl, beat the two remaining egg yolks and add the lemon juice, droplet by droplet, beating all the while. Beat a little of the thickened cooking liquid into the yolk mixture, then add the yolks to the pan of hot liquid. Mix well and cook over low heat until thickened. Pour the hot sauce over the pork and celery, garnish with parsley or celery leaves and serve warm.

Note: Celeriac may be substituted for the celery. Use 2-1/2 pounds of celeriac, and peel, quarter, and cut it into 1/2 inch slices before adding it to the pork. A little scraped, diced carrot may be added with the celery.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Kota Kapama (Chicken Braised With Cinnamon & Cloves)

Categories: Greek, Poultry, Main dish

Servings: 5

- 1 Frying or roasting chicken***
- 1 Lemon (juice only)**
- 4 tb Sweet butter & oil, mixed**
- 1/2 c Dry white wine (optional)**
- 1 1/2 lb Peeled, chopped tomatoes**
- 1 tb Tomato paste; mixed with:**
- 1/4 c Water; (mix w/ tomato paste)**
- 1 lg Cinnamon stick**
- 3 Whole cloves**
- Salt & freshly ground pepper**
- Fresh parsley or watercress**

***Note: Chicken should be about 2-1/2 lbs., and be cut into serving pieces.**

Arrange the chicken parts in a glass or earthenware bowl and rub all over with lemon juice. Allow to stand while heating the butter and oil in a heavy braising pot. Slip the chicken into the fat and cook over medium heat, turning with tongs to avoid pricking the flesh; saute until light chestnut in color. Heat the wine in a small pan, pour over the chicken, shake the pan, and continue cooking over low heat. Stir in the tomatoes and tomato paste, slip the cinnamon and cloves in among the pieces, and cover. Simmer over the lowest possible heat for 1-1/2 hours, or until the chicken is tender and the sauce thick. Or, transfer to a medium slow oven (325 F) to complete the cooking. Season with salt and pepper. Serve warm over cooked grain or mashed potatoes with green raw or cooked vegetables

and chilled wine. Garnish with parsley or watercress.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Kotopoulo Kokkinisto (Reddened Chicken)
Categories: Greek, Poultry, Main dish
Servings: 6

- 1 Frying or roasting chicken*
- 3 tb Vegetable oil or butter
- 1 Onion; chopped
- 2 tb Butter
- 2 tb All-purpose flour (optional)
- 1 c Dry white wine
 - (more if necessary)
- 2 c Chopped, drained tomatoes
- 2 tb Chopped fresh parsley
- 1 pn Dried marjoram or thyme
- Salt & freshly ground pepper
- Water if necessary

*Note: Chicken should be about 3 pounds, and cut into serving pieces.

Wash and dry the chicken. In a frying pan, heat the oil or butter and sear the chicken over high heat, turning constantly to avoid burning the chicken. Remove each piece when reddish in color. Lower the heat and saute the onion until soft, adding butter while stirring. For a thicker sauce, add the flour and cook 2 minutes, then add the wine and tomatoes. Simmer until thickened, then strain the sauce into a baking-serving

casserole. Sprinkle the herbs over the chicken, season lightly with salt and pepper, and shake the casserole gently. Chicken should be almost covered with liquid; if not, add a little water. Cover tightly and simmer over low heat or transfer to a medium oven (350 F) to bake for 1 hour, or until the chicken is tender and the sauce thick. Serve warm.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Stuffed Chicken, Cyprus Style
Categories: Greek, Poultry, Main dish
Servings: 6

1 Roasting chicken
3 tb Vegetable oil or butter
1/2 c Blanched, slivered almonds
3/4 c Raw long-grain white rice
1/2 c Dry white wine
1 1/4 c Water
Salt
1 ts Ground cinnamon
1 pn Granulated sugar
1/2 c Currants
Butter or vegetable oil
-(butter should be melted)

Wash and dry the chicken, reserving the liver, and set aside. In a medium saucepan, heat the oil or butter and saute the almonds and liver, then remove with a slotted spoon. Chop the liver and set aside with the nuts.

Add the rice to the fat in the pan and saute over medium heat, stirring constantly, then pour in the wine, water, salt, cinnamon, and sugar.

Cover and cook for 12 minutes, or until the rice is almost tender. Stir in the almonds, liver, and currants and remove the pan from the heat.

Spoon the stuffing into the large cavity of the chicken and close tightly

with skewers. Truss the chicken and brush the surface lightly with melted

butter or oil. Set in a baking pan, breast side up, and bake for 1 1/4

hours, or until tender, in moderate oven (350 F), turning with 2 wooden

spoons every 20 minutes and basting frequently with drippings. Remove the

stuffing from the cavity and transfer to the center of a warm platter.

Carve the chicken and arrange around the stuffing. Serve warm.

Note: For a popular mainland version, substitute pine nuts, nutmeg, and a

little chopped celery and parsley, and soaked bread for the almonds, cinnamon, and rice.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Chicken Braised In Walnut Sauce
Categories: Greek, Poultry, Main dish
Servings: 4

1 Frying or roasting chicken*
Salt & freshly ground pepper
1 Large onion; sliced
4 tb Butter
1 Bay leaf
1 Sprig of fresh thyme
1 c Milk
2 Egg yolks
1 ts Grated nutmeg
1 c Shelled walnuts; crushed **

*Note: Chicken should be about 2-1/2 to 3 pounds, and cut into serving pieces.

**Walnuts may be crushed in a mortar, blender or food processor.

Wash and dry the chicken parts and season lightly with salt and pepper.

In a heavy frying pan, saute the onion in butter until soft, then add the

chicken parts after a few minutes. Saute on all sides, then add the bay

leaf, thyme, and enough hot water to almost cover. Tightly cover the pan

and simmer the chicken until tender (approximately 1 hour).

Using a

slotted spoon, remove the chicken to a warm platter and keep warm while

you prepare the sauce.

Strain the remaining pan liquid into a small saucepan and bring to a boil.

Meanwhile, whisk the milk with the egg yolks, then add, slowly, to the

strained pan liquid and cook over very low heat until the sauce boils,

stirring constantly. Sprinkle in the nutmeg, then stir in the crushed

walnuts. Simmer another minute and pour over the chicken. Serve warm.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,

New York.

Title: Green Beans Braised With Mint & Potatoes
Categories: Greek, Vegetables, Vegetarian, Side dish
Servings: 4

3 tb Olive oil & margarine, mixed
1 c Tomato juice or sauce
1 lb Fresh grn.beans;trimmed, cut
1 tb Chopped fresh parsley, opt.
2 md Potatoes; peeled
Salt & freshly ground pepper
Chopped fresh mint

Heat the fat in an enameled pan and mix in the tomato juice or sauce. Add

the green beans and parsley to the pan with enough water to almost cover.

Tuck the potato slices in between, partially cover the pan, and simmer for

25 minutes, then stir and season with salt, pepper, and 2 tablespoons

chopped mint. Cook uncovered until the beans and potatoes are fork

tender, about 10 more minutes. If the sauce has not thickened, pour it

into a small pan, and boil down to one cup, then combine with the beans

and potatoes in a warm serving bowl. Sprinkle with a little additional

fresh mint and serve warm. Excellent with grilled chops, fish or egg

dish, but equally good as a main course with cheese.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Stifado

Categories: Greek, Main dish

Servings: 4

1 / 4 c Olive oil
1 1 / 2 lb Boneless beef chuck
 - cut into 1-1 / 2" cubes
2 tb All-purpose flour
12 oz Small white boiling onions
 - peeled
1 lb Tomatoes,peeled,seeded,chopd
3 Garlic cloves; minced
2 1 / 2 tb Chopped fresh thyme; -OR-
 1 ts -Dried thyme
2 1 / 2 tb Chopped fresh rosemary -OR-
 1 ts -Dried rosemary
2 1 / 2 tb Chopped fresh oregano -OR-
 1 ts -Dried oregano
 1 Bay leaf; crumbled
 1 ts Ground cumin
 2 c Dry red wine
1 / 2 lb Feta cheese, crumbled
 Salt & freshly ground pepper

Preheat over to 350 F. Heat oil in heavy 4- to 5-quart Dutch oven over medium high heat. Toss beef with flour in large bowl. Add beef to pan in batches and cook until brown, stirring occasionally, about 3 minutes per batch. Transfer browned beef to bowl. Add onions to pan and cook until light brown, stirring frequently, about 5 minutes. Add tomatoes, garlic, herbs and cumin to pan. Stir in wine and bring to a boil. Cover and bake in oven until beef is tender, about 2 hours. (Can be prepared 1 day

ahead. Cover and refrigerate. Rewarm to 350 F oven before continuing.)

Stir feta into stew. Return to oven and continue baking until cheese is heated through, about 10 minutes. Season with salt and pepper and serve.

Source: (Takis Taverna, Corfu) "Bon Appetit" February 1990.

Title: Greek Honey Cream With Fruits And Nuts

Categories: Greek, Desserts

Servings: 8

1 / 4 c Coarsely chopped walnuts
1 / 4 c Coarsely chopped almonds*
1 / 4 c Coarsely chopped cashews
1 / 4 c Coarsely chopped pistachios
1 c Honey
1 c Chilled whipping cream
Mixed fresh fruit*

*Note: Almonds should be blanched.

** Suggested fruits: berries, sliced pears and apples.

Preheat oven to 325 F. Place all nuts in baking pan. Bake until lightly toasted, stirring occasionally, about 15 minutes. Cool completely.

Using electric mixer, beat honey in large bowl until thick and pale, about 2 minutes. Whip cream in another large bowl until stiff peaks form. Fold nuts into cream. Gently fold cream into honey, leaving a few streaks of cream. Cover and refrigerate until well chilled and slightly set, about 2 hours. (Can be prepared 1 day ahead.)

Place dollop of honey cream on each plate. Surround with fruit and serve.

Source: Bon Appetit magazine, February 1990.

**Title: Shrimp Baked With Feta, Ouzo And Cognac
Categories: Greek, Seafood, Main dish
Servings: 4**

**28 oz Canned tomatoes
6 tb Olive oil
1 md Onion; finely chopped
1 Garlic clove; finely minced
1/4 ts Sugar
Salt & pepper to taste
2 tb Butter
2 lb Deveined shrimp
3 tb Ouzo
3 tb Metaxa 'cognac'
1/4 lb Feta cheese
2 tb Fresh, chopped parsley**

**Pour tomatoes into mixing bowl. Squeeze into small pieces.
Heat 4
tablespoons oil in heavy saucepan. Lightly saute onion and
garlic. Add
tomatoes, sugar, salt and pepper. Cook, uncovered, over
medium heat until
sauce is thickened.**

**Heat butter and 2 tablespoons oil in large, heavy skillet. Saute
shrimp
over medium-high heat until pink. Add ouzo and cognac.
Flame shrimp.
Place in casserole or individual ramekins. Cover with the
tomato sauce.
Sprinkle with crumbled feta and parsley. (This much of
preparation can be**

done ahead of time.) Bake in 425 F oven 10 minutes or until well-heated

and feta has melted. Serve with crusty bread and a salad. Freezes well.

Defrost when ready to use. Bake, covered, at 400 F 10-15 minutes.

Source: "Classic Greek Cooking" by Daphne Metaxas. ISBN: 0-911954-31-7

Title: Baked Chicken With Orzo

Categories: Greek, Poultry, Pasta, Main dish

Servings: 4

1 Frying chicken, quartered
1 tb Butter
1 3/4 c Orzo
1 1/2 ts Salt
1/2 ts Oil
1 c Chicken broth
6 oz Tomato paste
1/4 ts Pepper
Plain yogurt

Place the chicken in a shallow roasting pan, skin side up. Add 1/3 cup

water. Dot with butter. Salt and pepper to taste. Bake in 350 F oven 1

hour. Fifteen minutes before chicken is done, bring 2 quarts of water to

boil, stir in orzo, 1/2 teaspoon salt and oil. Parboil 5 minutes. Drain

orzo in colander. Rinse in cold water. Drain. Remove baked chicken from

oven. Place in dish. Cover tightly with heavy-duty foil. Set aside.

Turn oven to 425 F. Add 1 cup water and broth to roasting pan. Stir to

loosen drippings. Add tomato paste, 1 teaspoon salt, pepper and drained orzo. Bake 30 minutes or until orzo has absorbed liquid and is tender.

Adjust salt. Spinkle orzo with Parmesan cheese or dollops of yogurt.

Serve with baked chicken.

From: "Classic Greek Cooking" by Daphne Metaxas. ISBN: 0-911954-31-7

Title: Gyro Sandwiches

Categories: Greek

Servings: 16

--GYRO PATTIES --

1 1/4 lb Lean ground beef
1 1/4 lb Lean ground lamb
1/4 c Oregano
1 1/2 tb Onion powder
1 tb Garlic powder
3/4 tb Ground pepper (or more)
1 ts Thyme
3/4 ts Salt

--YOGURT SAUCE --

1 c Plain yogurt
1/4 c Finely chopped cucumber
1/4 c Finely chopped onion
2 ts Olive oil
Garlic powder
Salt & white pepper
8 lg Pita breads; cut in half
Thinly sliced onion rings

For patties: Preheat broiler or prepare barbeque. Combine ingredients

lightly but thoroughly in large bowl. Shape into 16 thin patties and

broil, turning once, until done as desired.

For sauce: Combine first 4 ingredients in small bowl. Add garlic powder, salt and pepper to taste.

To assemble sandwich, place 1 meat patty in each pita half and top with yogurt sauce and onion slices.

Source: (Journey's End - Mundelein, Illinois) Favorite Restaurant Recipes.

ISBN: 0-89535-100-5

Title: Imam Bayaldi (Eggplant Stuffed With Aromatics)
Categories: Greek, Vegetarian, Vegetables
Servings: 5

2 1/2 lb Eggplants
Salt
3 md Onions; peeled and sliced
1/2 c Water
5 tb Olive oil
5 Fresh tomatoes;
- peeled and sliced, - = OR = -
8 -Canned plum tomatoes,sliced
1/2 c Chopped fresh parsley
4 Garlic cloves
- peeled and sliced
Freshly ground pepper
1 pn Granulated sugar
Fresh parsley for garnish

*Note: 8 canned plum tomatoes, sliced, may be substituted for the 5 fresh.

Wash the eggplants, cut off the stem end if using large ones and cut in

half lengthwise. With the tip of a sharp knife, make at least 3 lengthwise slashes on the cut sides of the eggplants, being careful not to pierce the skin on the opposite side. Sprinkle with salt and let stand for 30 minutes. Rinse with cold water, dry, and invert to drain.

Meanwhile, put the onions in a small pan with the 1/2 cup water and simmer a few minutes. Drain and discard the water or save for soup.

In a medium frying pan, heat 2 tablespoons of the oil and saute the onions until soft, then put approximately a third of them in the bottom of a buttered casserole large enough to accomodate all the eggplants. Set 4 to 5 tomato slices over the onions in the casserole and add the rest of the tomatoes to the onion remaining in the frying pan. Saute onions and tomatoes for 10 minutes, then stir in all but 2 tablespoons of the parsley and remove from the heat. Set the eggplants into the casserole, tuck a slice of garlic into each eggplant slash, and stuff the slashes with the filling, allowing some to cover the top of the eggplant. Season lightly with salt, pepper, and a pinch of sugar, then drizzle the remaining oil and chopped parsley over the eggplants. Cover the casserole with a lid or aluminum foil and bake in a moderate oven (350 F) for 30 to 40 minutes, until fork-tender, removing the cover during the last 10 minutes, to allow the sauce to thicken. Garnish with parsley and serve warm.

Note: This is excellent as a first course of a subsequently light meal topped with fresh fruit and Turkish coffee.

If you wish, you may leave the eggplants whole, slash one side and remove some of the pulp with a small spoon. This pulp is then sauteed with the filing and stuffed into the eggplant, a very attractive method for the smaller eggplants. As you might suspect, both variations may also be prepared on top of the stove.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Eggplant Stuffing
Categories: Greek, Vegetarian
Servings: 6

3 md Eggplants (1 lb ea.)
1/4 c Olive oil
1/3 c Chopped scallions
-OR- Shallots
1 Garlic clove; sliced (opt.)
1/4 c Chopped fresh parsley
2 tb Chopped fresh fennel or dill
1/2 ts Allspice; more if necessary
1/4 c Dry white wine
2 tb Tomato paste; MIXED WITH:
1/2 c Water
Salt & freshly ground pepper
1/2 c Bread crumbs

Cut the eggplants in half lengthwise. With a small knife, cut away the eggplant flesh from the skin without breaking the skin (if planning to stuff the shells, leave 1/4-inch of the flesh with the skin as a firm

base) and set the shells aside. Dice the eggplant flesh and push through the medium blade of a meat grinder as quickly as possible to avoid discoloration. (Or the eggplant may be pureed in a blender or food processor.)

Heat the oil in a frying pan and saute the scallions and garlic. Add the parsley, fennel, allspice, wine, and the diluted tomato paste. Stir in the eggplant pulp, season with salt and pepper, and simmer for 20 minutes. Taste to adjust seasonings. Add the bread crumbs to absorb excess liquid.

Stuff the eggplant shells, if desired, and place in an oiled baking dish.

Bake in a moderate oven (350 F) for 35 minutes. Serve warm - or particularly good - cold.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Halvah

Categories: Greek, Desserts

Servings: 12

3 c Water
2 c Granulated sugar
1 Cinnamon stick
3 Whole cloves
1 Lemon (peel only)
1/2 c Butter
1 c Coarse semolina or farina

4 tb Pine nuts
2 tb Blanched, chopped almonds
3 tb Whole blanched almonds

Combine the water, sugar, cinnamon stick, cloves, and lemon peel (or 1 tablespoon lemon juice) in a heavy saucepan and bring to a boil. Boil for 10 minutes, then cool.

Meanwhile, slowly melt the butter in a heavy saucepan, and cook for several minutes, without browning. Stirring constantly with a wooden spoon, slowly add the semolina or farina. Cook over low heat until the mixture turns a golden chestnut color; do not brown. Add 2 tablespoons of the pine nuts and chopped almonds and continue cooking 1 more minute.

Remove cinnamon stick, cloves, and peel from the cooled syrup. Gradually add the syrup to the semolina mixture, stirring with a long-handled wooden spoon; the mixture will bubble furiously. Cook over the lowest possible heat until the syrup has been absorbed and the mixture thickens. Remove from the heat and drape with a clean towel for 10 minutes. Turn into a mold, spreading with a knife or a spatula. Cool, then reverse onto a serving platter, sprinkle with cinnamon, and garnish decoratively with the remaining pine nuts and the whole almonds. Cut into small, diamond-shaped pieces.

**From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books, New**

Title: Lamb Baked In Paper
Categories: Greek, Meats, Main dish
Servings: 6

1 Leg of lamb *
2 oz Feta or Kasseri (or more)
1 ts Thyme
1 ts Spearmint flakes
1 ts Oregano
2 Garlic cloves
2 Lemons, juice only
1 tb Salt
Pepper to taste

***Note: Lamb shanks may be substituted for leg of lamb.**

Wipe meat with damp cloth. Make incisions with small sharp knife on all sides of leg or shanks. Insert pieces of garlic clove and cheese. Rub with lemon juice. Sprinkle with herbs, salt and pepper. Wrap securely in heavy paper twice. Use greaseproof paper such as cooking parchment or oil brown paper. (do not use aluminum foil. It prevents browning.) Tie with string.
Bake a leg for 2 1/2 hours in 350 F oven. Bake 2 hours if using shanks.

From: "The Complete Greek Cookbook" by Theresa Karas Yianilos. Avenel Books, New York.

Title: Chicken Pilaf Atzem (Epirus Style)
Categories: Greek, Poultry
Servings: 4

1 Frying chicken (2-1/2 lbs) *
4 tb Butter or vegetable oil
1 lg Onion; diced
Salt & freshly ground pepper
1 Cinnamon stick (optional)
1/2 c Tomato sauce
1 1/2 c Raw long-grain white rice

***Note: To make Lamb Pilaf Atzem, substitute 2 lbs. lean lamb chunks for the chicken.**

Wash, dry and cut the chicken into serving pieces. In an attractive cooking-serving casserole, heat the butter, and saute the chicken and the onion, turning the chicken pieces constantly. Sprinkle with salt and pepper, then add cinnamon stick, tomato sauce, and enough water to almost cover the meat. Cover and simmer on top of the stove or bake in a moderate oven (350 F) for 40 minutes. Pour out the liquid, measure, and if necessary add enough water to make 3 cups. Pour back into the casserole, add the rice and shake the pan a few times to mix the rice in. Continue cooking, uncovered, for 20 minutes longer, or until all the liquid has been absorbed by the rice. Remove from the heat and drape with a dry towel for 5 minutes. Serve hot.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Kefallinian Spicy Meat Pie
Categories: Greek, Meats, Main dish
Servings: 12

- 1 sm Leg of lamb**
 - boned, cut into 1" pieces,**
 - bones reserved**
- 1 Lemon (juice only)**
- 1/4 c Oil or butter**
- 1 Onion; chopped**
- 3 md Potatoes; parboiled in their**
 - jackets, peeled & diced**
- 1 lg Carrot; parboiled, diced**
- 3 c Parboiled white rice; drained**
- 2 tb Tomato puree**
- 1 c Feta cheese, crumbled**
- 1/2 c Chopped fresh parsley**
- 2 Sprigs fresh mint; chopped**
- 1 ts Dried oregano**
- 1 Garlic clove; sliced**
- 1 ts Ground cinnamon**
- 1 Orange or lemon peel**
 - cut into pieces**
- Salt & freshly ground pepper**
- 16 Commercial filo sheets**
- 6 tb Butter (or more); melted**
- 3 Hard-boiled eggs; quartered**

On the island of Kefallinia in the Ionian Sea, the Feast Day of Analipseos (Ascension Day) is celebrated with the traditional "kreatopita" (meat-pie). This spicy pie also ushers in the beginning of Lent on the day of Apokreas.

In a stock pot, cover the lamb bones with cold water. Simmer, covered for 1 hour. Strain, boil down to 1 cup, and set aside. Sprinkle the lemon

juice on the lamb cubes. Heat the oil or butter in a heavy pan, add the onions and lamb, and saute the meat on all sides until the onions are soft without browning. Pour the onions, lamb, and juices into a large bowl. Add the diced potatoes and carrot, rice, tomato puree, cheese, parsley, mint, oregano, garlic, cinnamon, and fruit peel and season with salt and freshly ground pepper. Add enough reserved lamb broth for liquid while pie bakes, then mix with a wooden spoon.

Butter the bottom and sides of a 9 x 12 x 3 inch pan. Spread 8 filo sheets, brushing the melted butter in between the sheets, making sure the pastry fits the sides and bottom of the pan. Pour in the filling, spreading evenly with a spatula. Place the egg quarters here and there across the top and cover with the remaining filo sheets, brushing with butter as before. Flute the edges with two fingers or a fork and brush the top with butter. Using a sharp knife, score the top 3 filo sheets into square or diamond shapes, or prick the homemade pastry with a fork. Bake for 40 to 50 minutes in moderately slow oven (325 F), raising the temperature to 350 F during the last 10 minutes. Remove from the oven and let stand on a rack for 15 minutes. Remove from the oven and let stand on a rack for 15 minutes. Cut into diamonds or squares and serve warm.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books, New

Title: Lamb Pie, Ioannina Style
Categories: Greek, Meats, Main dish
Servings: 10

2 tb Butter or margarine
1 md Onion; chopped
1 1/2 lb Lean lamb (pref.leg), ground
1 ts Ground cinnamon (or more)
Salt & freshly ground pepper
1 c Tomato sauce or puree
- diluted w/ water & warmed
1/2 c Chopped fresh parsley
5 sl Toast (thin)
1 1/2 c Milk
3 Eggs; lightly beaten
3/4 c Grated mizithra & kefalotyri
12 Commercial filo sheets
6 tb Butter; melted

In a frying pan, heat the 2 tablespoons butter and cook the onion until translucent. Add the lamb and cook gently, while mashing and stirring with a fork until the raw color disappears. Season the meat with cinnamon, salt, pepper, then stir in the tomato sauce and parsley. Cover the pan and simmer for 20 minutes. (This much can be cooked a day in advance and stored in the refrigerator.) Meanwhile, soak the toast slices in the milk to make a soft mixture, and add to the meat along with the eggs and cheese. Mix the filling with a wooden spoon, taste, and add more cinnamon if you like.

Butter the bottom and sides of a 9 x 12 x 3 inch baking pan. Spread 6 filo

sheets, brushing melted butter in between the sheets, making sure the pasry fits the sides and bottom of the pan. Pour in the filling, spreading evenly with a spatula. Cover with the remaining 6 filo sheets, brushing with butter as before. Flute the edges with two fingers or a fork and brush the top with butter. Using a sharp knife, score the top 3 filo sheets into square or diamond shapes. Bake for 40 to 50 minutes in a moderately slow oven (325 F), raising the temperature to 350 F during the last 10 minutes. Remove from the oven and let stand on a rack for 15 minutes. Cut into diamonds or squares and serve warm.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books, New

Title: Kreatopita Therini (Summery Meat Pie)
Categories: Greek, Meats, Main dish
Servings: 10

4 Scallions; chopped
3 tb Butter or oil
1 lb Veal, beef or lamb (ground)
4 sm Zucchini; scrubbed, cubed
1 sm Eggplant; cubed
1 c Canned tomatoes; drained
1/4 c Chopped fresh parsley
Salt & freshly ground pepper
1/2 ts Ground coriander or allspice
1 ts Dried oregano
1 c Grated cheese (Mizithra!!!)
Bread crumbs, if necessary

10 Commercial filo sheets

6 tb Butter; melted

Saute the scallions in the 3 tablespoons butter in a large frying pan and

add the meat. Simmer a few minutes, then toss in the zucchini, eggplant,

tomatoes, and parsley and season with salt and pepper. Cover the pan and

simmer for 30 minutes, adding the coriander and oregano during the last 10

minutes. Remove from the heat and stir in the cheese. (The mixture should

be thick; if any liquid remains, dust lightly with bread crumbs to absorb.) Line a 9 x 12 x 3-inch baking pan with 6 filo sheets, buttering

each. Spread the filling over the filo evenly, then top with the remaining

filo sheets, buttering each as before. Score the top few filo sheets into

squares or diamonds. Bake in a medium oven for 35 to 40 minutes, until

golden in color and the dough is crisp. Remove from the oven, and let

stand for 10 minutes, then cut and serve warm.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books, New

Title: Kotopita (Greek Chicken Pie)

Categories: Greek, Poultry, Main dish

Servings: 10

1 Chicken, stewed

1/4 c Butter or margarine

1/4 c All-purpose flour

2 1/2 c Chicken broth/stock; warmed

1 / 4 c Milk, optional
3 Eggs; lightly beaten
3 / 4 c Grated cheese *(see note)
Salt & freshly ground pepper
1 ts Grated nutmeg
Thyme or mint leaves;chopped
12 Commercial filo sheets

***Note: Suggested cheeses are either Mizithra or Kefalotyri. If unavailable, Parmesan or Romano could be substituted. :-)**

Remove the bones and skin from chicken and discard. With your fingers tear the chicken into strips, not too small. Set aside while you prepare the sauce. Melt the 4 T butter in a heavy pan, then blend in the flour, without scorching, over medium heat. Remove from the heat for a minute and stir in the warm broth, then return to the heat and cook gently until the sauce boils. Cool. Mix in the milk if the sauce seems too thick, then add the eggs, cheese, a little salt, pepper, nutmeg, and thyme.

Butter a 9 x 12 x 3-inch baking pan and in it spread 6 filo sheets, brushing each with melted butter. Pour in the chicken filling, then cover with the remaining filo sheets. Tuck the top filo over the bottom and flute the edges. Score the top 3 filo sheets with a sharp knife. Bake in a moderate oven (350 F) for 40 minutes, or until crisp and golden chestnut in color. Remove from oven and let stand for 15 minutes before cutting into 9 to 12 squares. Serve warm. (Serves 9 to 12)

Note: In Epirus, Kotopita is sometimes made with a large amount of onions.

If you would like to try it, use the recipe above plus 1 pound of Spanish-

type onions. Peel and slice the onions, boil in water for 5 minutes, and drain. Prepare the sauce without the cheese and bake the chicken and onions in the sauce, between homemade filo, preferably, or commercial filo.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Spanakopita
Categories: Greek, Vegetarian, Main dish
Servings: 12

1 / 3 c Olive oil or butter
1 sm Bunch scallions; chopped
3 lb Spinach; washed & drained
1 sm Bunch parsley; chopped
1 sm Bunch fresh dill; chopped
Salt & freshly ground pepper
1 / 2 lb Feta cheese, crumbled
4 Eggs; lightly beaten
12 Commercial filo sheets
6 tb Butter; melted
Bread crumbs, if necessary

Heat the 1 / 3 cup oil in a large pan and saute the scallions until soft.

Meanwhile, pan the spinach (cook it without adding water, then drain it

thoroughly) or salt and rinse it (the latter method is used extensively in Greece, but it not advisable). Squeeze out excess liquid. Add the

spinach to scallions and stir in the parsley, dill, and a very little salt

and pepper. Cook gently for 10 minutes, then cool. (This much can be done in advance and stored in the refrigerator). Using a wooden spoon, stir in the feta and eggs.

Butter a 9 x 12 x 3-inch baking pan and in it spread 6 filo sheets, brushing each with melted butter. Pour in the spinach filling, then cover with the remaining filo sheets (buttering each as before). Tuck the top filo over the bottom and flute the edges. Score the top 3 filo sheets into square or diamond shapes. Bake in a moderate oven (350 F) for 40 minutes, or until crisp and a golden chestnut color. Remove from oven and let stand for 15 minutes before cutting. Serve warm.

Note: Some of the favorite variations: Use some nutmeg, or substitute mint for the dill; use grated cheese instead of feta (be discreet with the salt if the cheese is salty); add a small handful of raw long-grain white rice to the filling. You will surely invent your own flavor combinations which is why spanakopita is so great.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Pita Of Greens, Herbs & Eggs
Categories: Greek, Vegetarian
Servings: 12

2 lb Fresh greens *
Salt (see note at end)
1/2 bn Fresh parsley; chopped
1/2 bn Fresh dill; chopped
1 Handful fresh chervil; chop.
1/4 c Butter or margarine
1 bn Scallions; chopped
1/2 ts Ground allspice
1/2 ts Ground cinnamon
1/2 ts Nutmeg
2 ts Granulated sugar
Salt & freshly ground pepper
5 Eggs; lightly beaten
1 c Crumbled feta cheese
1/2 c Milk, or more
1/2 c Butter (optional); melted
12 Commercial filo sheets

Traditional and individualistic. Village women learn to gather tender,
young greens from their rocky surroundings, which ironically produce the
most beautiful wild flowers and delicious greens. When greens are bought
in the markets, spinach is the most frequently substituted.
Cretans
combine dandelions and spinach. This recipe is written as
recipes are
spoken in Greece, in the warm first-person plural.

*Note: Suggested greens are: Spinach, dandelions, chicory, endive or any
other fresh greens.

First we wash the spinach, trim coarse ends, drain, chop, sprinkle with
salt, and squeeze until all liquid has been drained. Now we combine the
spinach in a large bowl with the parsley, dill, and chervil and mix
thoroughly. Allowing the greens to stand while heating the 1/4
cup butte
in a large frying pan, we add the scallions to the butter and saute them

until the white parts are translucent. Continuing to cook over medium heat, we add the greens, the spices, sugar, and enough salt and pepper for seasoning, careful to allow for additional salt in the feta, which will be added later. We partially cover the pan and simmer for 20 minutes, or until all the liquid has been absorbed, then we remove it from the heat and cool the mixture in a large bowl. Now we add the eggs, feta, and enough milk to saturate the greens, mix, and assemble the pita as follows:

Butter a 15 x 11 x 2-inch baking pan. Spread 6 filo sheets, brushing each with melted butter. Pour in the filling, spreading evenly. Cover with the remaining filo sheets, brushing each with butter. Flute the edges and brush top with butter. Using a sharp knife, score the top 3 filo sheets into square or diamond shapes. Bake for 45 minutes in a moderate oven (350 F) and allow to cool slightly before slicing and serving it warm.

Note: You may eliminate the salting of the spinach by panning it, cooking over very low heat until the leaves wilt, and then draining it thoroughly.

From: "The Food of Greece" by Vilma Liacouras Chantiles. Avenel Books, New

Title: Domates Yemistes (Stuffed Tomatoes)

Categories: Greek, Main dish

Servings: 6

12 Firm, ripe tomatoes
Salt
Granulated sugar
3 tb Olive oil or butter
1 md Onion; finely chopped
2 Garlic cloves; chopped
1/4 c Chopped fresh parsley
1/2 lb Lean lamb or veal, ground
1/4 c Dry white wine
1/4 c Water
6 tb Raw long-grain white rice
Tomato juice (if necessary)
Freshly ground pepper
2 Sprigs fresh mint or basil
1 pn Grated nutmeg

Wash the tomatoes, then turn each stem-side down, and with a sharp knife

carefully cut the end now up to make an opening or "cap" being careful not

to detach the cap entirely. With a small spoon, carefully, without

breaking the outer skin of the tomatoes, scoop the pulp into a bowl.

Place the tomato shells in a baking-serving dish large enough to support

them touching. Sprinkle the inside of the shells with salt and sugar.

Meanwhile, prepare the stuffing. Heat the oil in a heavy skillet and add

the onions. Cook over moderate heat until soft and transparent, then add

the garlic and parsley, and blend. Add the meat, mashing with a fork,

then add the wine and water, cover, and simmer for a few minutes. Add the

rice and tomato pulp and stir. (Tomato juice may be added if necessary,

since the mixture should provide enough liquid for the rice to absorb.)

Cover the skillet and simmer about 7 minutes, then add salt, pepper, mint or basil, and nutmeg. Taste for seasoning. Remove from heat, and fill the tomatoes up about two-thirds of the way with the stuffing and liquid. Cover with tomato caps, brush with oil. Bake in a moderate oven (350 F) until the rice is tender (approximately 50 minutes to 1 hour), basting inside the tomatoes with liquid released by them. Serve warm.

Note: For Tomatoes stuffed with Rice, use 1 1/4 cups raw long-grain white rice instead of the meat and rice in the above recipe, eliminate the wine, and include with the other seasonings a few tablespoons each of black raisins and 2 tablespoons pine nuts, if desired. Rice in baked stuffed dishes takes much longer to cook than over a burner. Stuffed green peppers, also popular in Greece, can be made the same way with an entirely different flavor.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Kalitsounia Me Kanella (Cretan Cheese-cinnamon Pastries)
Categories: Greek, Cookies, Desserts
Servings: 20

1 1/2 c Fresh mizithra or ricotta
2 tb Grated hard ricotta
2 Eggs; separated

1 / 2 c Granulated sugar
2 tb Butter; melted
4 tb Milk (or more)
2 c All-purpose flour
1 pn Salt
1 ts Vanilla extract
Confectioners' sugar

For the filling, combine the cheeses, lightly beaten egg yolks, sugar, 1 / 2 teaspoon cinnamon, and melted butter in a bowl. The mixture should be thick enough to mound, but not stiff; add 1 tablespoon milk, if necessary. Set aside while you make the dough.

Sift the flour and salt into a bowl, then cut in the butter and mix by rubbing between your fingers. Mix in the vanilla, egg whites, and enough milk to make a soft dough. Knead until smooth and elastic, then break off small pieces and roll as thin as a dime. (The dough will be elastic and can be rolled easily.) Cut into circles 4-inches in diameter (teacup size), then on each circle place a teaspoon of the cheese filling. Wet the circle edge with water or milk and fold over to form a half-moon, then seal with the tines of a fork or pastry wheel. Arrange the Katisounia on buttered cookie sheets and bake in a moderate oven (350 F) for 25 minutes, or until the pastry puffs up and turns a light chestnut color. Remove from the oven, and place on racks, and dust with confectioners' sugar and cinnamon. Serve hot or cold.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Svingi (Batter Puffs With Honey And Cinnamon)
Categories: Greek, Desserts
Servings: 28

1 c Boiling water
4 tb Butter or margarine
1 / 4 ts Salt
1 tb Granulated sugar
1 / 2 ts Grated orange rind
1 c All-purpose flour
1 ts Baking powder
4 Eggs
Olive or other vegetable oil
Honey; warmed
Ground cinnamon

In a medium-sized saucepan, combine the boiling water, butter, salt, sugar, and orange rind. Bring to a boil. Meanwhile, sift together the flour and baking powder. Add the dry ingredients all at once to the hot mixture, beating hard with a wooden spoon over medium heat until the mixture forms a compact mass and leaves the sides of the pan. Remove from the heat and let cool for 1 minute. Add the eggs, one at a time, beating hard after each addition; the mixture should be smooth, glossy, and thick. Heat the oil (which should be 2-1 / 2 to 3 inches deep) almost to the smoking point, then drop the batter by tablespoons into the oil, without crowding, to form puffs. When the puffs surface, turn them to fry on all sides, using tongs, then lift them out, drain off excess oil on absorbent

paper. Place on warm platter and keep warm. If using the syrup, boil the syrup ingredients for 5 minutes; spoon the syrup, or warm honey, over the puffs, sprinkle with cinnamon, and serve hot.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Melomakarona * Phoenikia
Categories: Greek, Desserts
Servings: 40

1 1/2 c Honey
1 1/2 c Granulated sugar
1 c Water
1 tb Lemon juice
1 lb Finely chopped walnuts
1 1/4 c Sweet butter; softened
4 ts Ground cinnamon (or more)
1 1/2 c Light vegetable oil
1/2 c Confectioners' sugar
2 lg Oranges
- Strained juice only
2 tb Cognac or brandy
1/4 ts Ground cloves
1/2 ts Grated nutmeg
1 ts Baking powder
1/2 ts Baking soda
6 c All-purpose flour (or more)
2 oz Finely chopped walnuts

(Author's Note):
Ancient and traditional small, spicy baked syruped cakes, these are perfect for a large buffet. The nickname asserts their introduction into

Greece by the Phoenicians, but not with these ingredients!
Within my
lifetime I have seen the oil give way to butter and semolina
succumb to
flour.

Combine the honey, granulated sugar, water, and lemon juice in
a saucepan
and boil for 5 minutes. Remove from the heat. Combine the 1
pound finely
chopped walnuts with 1 / 4 cup of the softened butter, 2
teaspoons of the
cinnamon, and 5 tablespoons of the syrup. Reserve the
remaining syrup and
set the filling aside while you prepare the dough.

Using an electric mixer, cream the remaining butter (1 cup)
with the oil
until light and fluffy. Gradually add the confectioners' sugar,
beating on
medium speed. Add the orange juice slowly to the batter, along
with the
Cognac or brandy, 1 teaspoon of the cinnamon, and the other
spices. In a
small bowl, sift the baking powder, soda, and 2 cups of the
flour
together. Slowly add the flour mixture to the batter and beat
for a few
minutes. Continuing to mix by hand, add only enough
remaining flour to
make a soft dough. Knead.

Break off small pieces of the dough and shape with your fingers
into
oblongs about 2-1 / 2-inches long and 1-inch high. Flatten
between your
palms and place 1 teaspoon of the filling mixture in the center.
Work the
dough around the filling to enclose it completely and press
firmly to
seal. This procedure sounds difficult, but with many hands it is
quite
simple. Place on a cookie sheet and continue until all the cakes
are

shaped. Bake in a moderate oven (350 F) for 25 minutes, then cool on a rack. Bring the syrup back to a boil. Dip each cake into the syrup and arrange on a platter. Sprinkle with the remaining chopped walnuts and teaspoon cinnamon, or more if desired. Cool before storing.

Note: You may bake and cool melomakarona, store a few days in advance and dip in syrup as described above a day or so before serving. The flavor improves after a few days.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Tourta Athineiki (Orange-walnut Cake, Athens Style)
Categories: Greek, Desserts, Cakes
Servings: 10

1 / 2 lb Sweet butter
2 c Granulated sugar
4 Eggs
1 Orange,(juice & grated rind)
3 c All-purpose flour
1 ts Baking powder
1 / 4 ts Salt
1 c Coarsely chopped walnuts
Confectioners' sugar (opt.)

Cream the butter until light and fluffy, then gradually add the sugar. Continuing to beat, add the eggs one at a time, beating well, on medium speed, after each addition. Gradually add the orange juice and rind.

Meanwhile, sift the flour with the baking powder and salt and gradually

add to the batter. Add the walnuts last, blend another minute on medium

high speed, and pour into a greased and lightly floured 8-inch tube pan.

Bake in a moderate oven (350 F) for 25 to 30 minutes until the color is a

light chestnut and the cake springs back to the touch. (Watch carefully

because this cake bakes quickly.) Turn onto a wire rack, round side up.

Dust with confectioners' sugar and cool thoroughly before slicing.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Revani (Semolina-Almond Sponge Cake With Syrup)

Categories: Greek, Desserts, Cakes

Servings: 20

2 1/2 c Granulated sugar

3 c Cold water

1 sm Cinnamon stick

3 Whole cloves

1 Orange (peel only)

1/2 lb Sweet butter

6 Eggs; room temperature

1 c All-purpose flour

1 c Fine semolina

3 ts Baking powder

1 c Finely chopped almonds *

1 ts Vanilla extract

2 tb Brandy

***Note: Use blanched, peeled almonds.**

Combine 1-1/2 cups of the sugar with the cold water in a saucepan and cook until dissolved, then add the cinnamon stick, cloves, and orange peel and simmer for 15 minutes. Remove the flavorings. Cool.

Using an electric mixer, beat the butter in a large bowl until fluffy.

Gradually add the remaining sugar, beating on medium speed, then add the

eggs, one at a time, beating thoroughly after each addition, without

rushing. Meanwhile, sift the flour, semolina, baking powder, and almonds

together. Very gradually add to the batter, beating on medium speed, then

pour in the vanilla and brandy and give the batter a last whirl on high

speed for a few seconds. Pour immediately into a buttered 9 x 12 x 3-inch

cake pan and bake on the center rack of a moderate oven (350 F) for 30 to

35 minutes, or until the cake springs back when touched by a finger.

Remove from the oven and set the pan on a cake rack. Using a sharp knife,

score the cake into diamond shapes. Spoon the cooled syrup over the

entire cake and cool.

Note: Each piece may be attractively garnished with a candied or

marachino cherry slice in the center and almond slivers angled on each side.

From: "The Food of Greece" by Vilma Liacouras Chantiles. Avenel Books, New

Title: Rafiola Kokokarion (Coconut Pastries W/ Glaceed Fruit)
Categories: Greek, Desserts
Servings: 20

3 Potatoes
3 tb Granulated sugar
1 pn Salt
2 Egg yolks
4 c Finely shredded coconut
1 1/2 c Glaceed fruit
Confectioners' sugar

(Author's note): In a Cretan zacharoplasteion (sweet shop), we were so intrigued by these coconut pastries (among the newer breed) that I tried them at home. You can expect the potato pastry to be a bit difficult to manipulate, and you can also anticipate compliments on the results. Attractive and tasty, not excessively sweet.

Boil the potatoes in their jackets until fork tender, then drain and remove the skins and all spots. Return the potatoes to the pan and dry over medium heat, shaking pan constantly. Push the potatoes through a mill or ricer, then combine in a large bowl with the sugar and salt. When somewhat cool, add the egg yolks and coconut and knead until smooth. Refrigerate for 2 hours.

Remove the dough from the refrigerator and knead until smooth enough to roll. If sticky, dust lightly with flour. Roll out on a floured board to 1/4-inch thickness, then, using a glass with a 3-1/2-inch diameter, cut

the pastry into rounds.

Meanwhile, mince the glaceed fruit. Place 1 tablespoon on the center of each of the pastry rounds. Lift one side with a spatula and fold over the other half, forming a half-circle. Press the edges together and place on a baking sheet. Continue until all have been stuffed, then bake in a moderate oven (350 F) for 15 minutes, or until firm; the pastries will be white. Remove and cool for 10 minutes, then roll in confectioners' sugar and cool completely. Store in a covered container.

Note: In Crete this pastry is cut with a serrated pastry cutter producing an attractive edging.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books, New

Title: Nut-stuffed Semolina Pastries, Cyprus Style
Categories: Greek, Desserts
Servings: 30

1 / 4 lb Sweet butter
1 1 / 4 c Fine semolina
Orange flower water
1 / 4 ts Salt
3 tb Warm water (more if needed)
1 c Chopped unsalted pistachios
4 1 / 2 tb Granulated sugar
1 tb Ground cinnamon
Confectioners' sugar

In a small, heavy saucepan, bring the butter to bubbling over medium heat and stir in the fine semolina. Transfer to a small bowl, cover, and let stand overnight at room temperature. The next day, uncover and add 2 teaspoons orange flower water, the salt, and gradually the warm water, working with your fingers to make a firm dough. Knead for 5 minutes, then cover and let rest 1 hour. Meanwhile, combine the pistachios, sugar, and ground cinnamon in a small bowl.

Break off pieces of dough slightly larger in size than a walnut. Work in your fingers to form a ball. Press the center with your thumb to make a large well and fill with 1 teaspoon of the nut mixture, then cover over with dough and shape into an oval. Set on a cookie sheet and continue until all pastries are shaped. Bake in a moderate oven (350 F) for 30 to 35 minutes or until the yellow color has become a light, not a deep, chestnut. Remove to racks and cool for 10 minutes, then dip quickly into orange flower water and roll in confectioners' sugar. Cool before storing.

Note: You may substitute blanched almonds for the pistachios and peanut oil for the butter.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Pasta Flora, Athens Style
Categories: Greek, Desserts
Servings: 36

1 / 2 lb Sweet butter
1 / 2 c Granulated sugar
2 Eggs
6 tb Cognac
2 c All-purpose flour (or more)
1 / 4 ts Salt
1 / 2 ts Baking powder
2 c Stewed apricots
4 Dried figs
1 / 3 c Raisins
1 Orange (grated rind only)
1 c Apricot jam
1 tb Lemon juice (optional)
2 ts Cornstarch
1 / 3 c Orange juice

Using an electric mixer, beat the butter until light and fluffy and gradually add the sugar, 1 egg and an egg yolk, and 3 tablespoons of the Cognac, beating thoroughly after each addition. Sift 2 cups of the flour with the salt and baking powder and add slowly to the batter, while beating on medium speed. Remove the beaters and finish by hand, adding only enough flour to make a soft dough. Knead. Cover and refrigerate for at least 30 minutes.

Meanwhile, slice the apricots into uniform pieces and place in an enameled pan. Soak the figs and raisins in the remaining Cognac until swollen, then mince and add to the apricots along with the orange rind, jam, and lemon juice and stir into the apricot mixture, then cook over medium heat until thick, stirring constantly with a wooden spoon. Cool.

Remove the dough from the refrigerator and set aside about one-third for the latticed top. Using your fingers (the dough will be too soft to roll), press the larger portion of dough into a buttered 9 x 12 x 2-inch baking pan, pressing evenly about 1/4-inch up the sides. Pour the filling into the dough-lined pan.

Divide the remaining dough into walnut-sized balls and roll each ball into 1/2-inch strips. Using the strips, make a lattice over the top of the pastry. If using a glaze, beat the remaining egg white slightly with a fork and brush on the dough strips. Bake in a moderate oven (350 F) for 45 minutes, or until golden in color. Remove and cool in the pan on a rack. To serve, cut into 1-1/2-inch (or smaller) squares with a sharp knife.

Note: You may prefer to use peaches and peach jam, strawberries and strawberry jam, and so on, instead of apricots; also diced candied peel adds a colorful note when substituting for figs; and slivered almonds may be added to the filling.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Galaktoboureko
Categories: Greek, Desserts

Servings: 20

6 c Milk
1 c Fine semolina
3 1/2 tb Cornstarch
3 c Granulated sugar
1/4 ts Salt
6 Eggs
1 ts Vanilla extract (optional)
1 tb Butter
12 Commercial filo sheets
3/4 c Butter; melted & hot
1 c Water
1 Lemon or orange (peel only)
2 tb Fine brandy or Cognac (opt.)

In a heavy-bottomed, 3-quart saucepan, bring the milk gradually to a boil; do not allow it to scorch. Meanwhile, sift the semolina, cornstarch, 1 cup of the sugar, and salt together and gradually add to the boiling milk, stirring constantly with a wooden spoon. Cook slowly over medium heat until the mixture thickens and comes to a full boil, then remove from the heat.

Beat the eggs on high speed of an electric mixer. Gradually add 1/2 cup sugar and continue beating until very thick and fluffy, about 10 minutes, then add the vanilla. Stirring constantly, add eggs to the hot pudding.

Partially cover the pan and allow to cool. Butter a 9 x 12 x 3-inch

baking pan and cover the bottom with 7 sheets of the filo, brushing butter

generously between each and making sure that a few sheets come up the pan

sides. Pour the custard into the pan over the filo. Cover with the 5

remaining sheets, brushing butter between each and on the surface. With

the tip of a very sharp knife, score the top filo sheets into square or diamond shapes, being careful not to score as deeply as the custard. Bake on the center rack of a moderate (350 F) oven for 40 to 45 minutes, until crisp and golden chestnut in color and the custard is firm.

Meanwhile, boil the remaining 1-1 / 2 cups sugar with the water and lemon or orange peel for 5 minutes. Add the brandy or Cognac, if desired, and set aside.

Remove the galaktoboureko from the oven and set on a cake rack. Spoon the hot syrup over the entire galaktoboureko, particularly the edges. Cool thoroughly before cutting and serving. Store in the refrigerator.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Kadaifi
Categories: Greek, Desserts
Servings: 16

1 lb Commercial raw kadaifi dough
1 / 2 c Sweet butter; melted
1 1 / 2 c Finely chopped almonds *
3 1 / 2 c Granulated sugar
Ground cinnamon
1 / 2 c Orange juice (optional)
2 c Water
1 / 2 c Honey
2 tb Lemon juice

***Note: Use blanched almonds.**

Open the raw kadaifi dough to the air for 10 to 15 minutes.
Spread half
the pastry evenly over the bottom of a 9 x 12 x 3-inch baking pan and
brush with half the butter. Meanwhile, combine the almonds, 1/2 cup
sugar, 1 tablespoon cinnamon, and orange juice in a small bowl. (The
orange juice will make the mixture like a paste that can be spread with a
knife.) Spread the almond mixture over the kadaifi and cover with the
remaining dough. Brush with the remaining butter and bake in a moderate
oven (350 F) for 40 minutes or slightly longer, until golden on top.

Meanwhile, boil the remaining 3 cups sugar with water for 5 minutes. Stir
in the honey and lemon juice, bring to a boil and keep hot. When done,
remove the pastry to a rack to cool in the pan, then spoon the hot syrup
over the pastry. Cover with a dry towel and allow to cool thoroughly.
When cool, cut into square or diamond shapes of any desired size. Dust
with additional ground cinnamon just before serving on dessert plates.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Byzantine Dolmathes (Stuffed Grapeleaves)

Categories: Greek, Appetizers, Main dish

Servings: 60

1 Jar grapeleaves (or fresh)

----FILLING ----

2 tb Oil

1 lb Ground beef or lamb

2 Onions; chopped

1 Garlic clove; pressed

2 c Water

1/2 c Tomato sauce

1 c Rice

2 tb Chopped mint

2 tb Chopped parsley

1/2 ts Salt

Pepper to taste

1/8 ts Cinnamon

1/2 c Currants

1/4 c Port wine (optional)

1/4 c Pine nuts or walnuts

2 c Water

1 Lemon (juice only)

SAUCE

3 Eggs

2 Lemons (strained juice only)

1 c Hot broth

If using canned grape leaves, rinse off brine by floating leaves in a basin of cold water. Prepare fresh vine leaves by pouring a cup of boiling water over them in a bowl. Drain. Spread 5 or 6 leaves out at a time on a flat surface. Lay leaf stem side up. Snip off stem with kitchen shears.

MAKE FILLING: Heat oil in large frying pan. Fry meat, onions and garlic on medium heat for 5 minutes, mixing it as it cooks. Add water and

remaining ingredients. Bring to a boil. Cover. Reduce heat to simmer and cook 10 minutes, until water is absorbed. Set aside until cool enough to handle. Put 1 teaspoon of filling near stem. Bring left side of leaf towards center, then bring right side towards center. They will not always meet. Pick up stem end of leaf, tucking in the filling. Roll away from you. It will be an oblong roll like a sausage.

Line the bottom of a large skillet with 4 leaves. Place each roll so that the tucked under end is on the bottom. Arrange each roll snugly, one next to the other, until all the leaves (except 3), and filling are gone. Place these leaves flat on top of rolls. Place a flat dish on top of rolls also to prevent their unravelling during cooking.

Add water and lemon juice. Bring to a boil. Cover. Reduce heat to simmer and cook 45 minutes. When done, remove pot from fire. Make Egg and Lemon Sauce and add to broth immediately or serve without sauce either cold as an appetizer or as a hot entree.

EGG AND LEMON SAUCE: Beat eggs until thick and light yellow, at least 5 minutes, with an electric beater or 10 to 15 minutes by hand. Add juice slowly, beating all the while. Mix 1 cup hot broth into beaten eggs, stirring it in quickly with spoon (or wire whisk) so heat will not curdle the eggs. Cook over very low heat until thickened.

From: "The Complete Greek Cookbook" by Theresa Karas Yianilos. Avenel Books, New York.

Title: Chicken Taverna With Tomatoes
Categories: Greek, Poultry, Main dish
Servings: 6

1 Chicken, cut into pieces
1 / 4 lb Butter
2 tb Oil
1 Lemon (juice only)
1 ts Salt
1 / 8 ts Pepper
2 lb Canned whole tomatoes
1 Onion; thinly sliced
1 tb Oregano
1 ts Marjoram
1 ts Savory
1 Bay leaf
1 / 2 c Red wine

Wash chicken well with cold water. Combine butter and oil and heat. Pour half of it into shallow baking pan and lay chicken in it. Mix strained lemon juice in remaining mixture and baste chicken. Sprinkle with salt and pepper. Bake at 400 F for 30 minutes.

Put tomatoes and remaining ingredients in a pot, bring to a boil and pour over chicken. Reduce oven heat to 350 F and continue baking for 1 to 1-1 / 2 hours more. Serve over a bed of rice pilaf or add any kind of parboiled pasta, potatoes, or rice with chicken and bake in sauce for the last 1 / 2 hour of cooking time.

From: "The Food of Greece" by Vilma Liacouras Chantiles.
Avenel Books,
New York.

Title: Honey Nut Rolls (Bourekakia)
Categories: Greek, Desserts
Servings: 1

----FILLING ----

2 c Chopped nuts (or more) *
1/4 c Sugar
1/2 ts Cinnamon
1 Orange (grated rind only)
1/2 lb Commercial filo sheets
1/2 lb Sweet butter; melted

SYRUP

2 c Honey
1 c Water
2 c Sugar
1 tb Lemon juice

***Note: Nuts may be walnuts, almonds, pecans, pistachios or any combination.**

Defrost filo to room temperature at least 2 hours before using.
Mix
filling in a bowl and set aside. Melt butter in a small pan, and return
to heat when it cools and doesn't flow easily while you are working with
filo.

Smooth 3 sheets of filo flat on a cutting board. With a pastry brush,
dribble warm butter between sheets. Sprinkle 2/3 cup of nut filling over
top, spreading to corners. Lay another 3 sheets of filo over filling,
buttering between them. Fold edges over on each side to keep nuts from

rolling out. Starting with the end nearest to you, roll away from you as tightly as you can. Cut into 1" slices. Place each roll in oiled pan, next to each other, snugly, nuts facing upwards. Continue using all the filo and filling. When all the slices are in the pan, dribble a teaspoon of warm butter on top of each slice. It will disappear into the layers of nutmeats.

Bake at 350 F for 45 minutes. Begin making syrup 20 minutes before the pastry is ready to be taken out of the oven. Pour hot syrup over rolls immediately upon removal from oven. Use a spoon to ladle it over each one. Set aside to absorb syrup for 4 hours. Do not refrigerate.

From: "The Complete Greek Cookbook" by Theresa Karas Yianilos. Avenel Books, New York.

Title: Greek Lemon Chicken Soup
Categories: Greek, Soups
Servings: 8

8 c Chicken broth
1/2 c Fresh lemon juice
1/2 c Shredded carrot
1/2 c Chopped onion
1/2 c Chopped celery
6 tb Concentrated chic. soup base
Freshly ground white pepper
1/4 c Butter; room temperature
1/4 c All-purpose flour
8 Egg yolks; room temperature

1 c Cooked long-grain rice
1 c Diced cooked chicken
8 sl Lemon; (garnish)

Combine broth, lemon juice, carrot, onion, celery, soup base, and pepper
in Dutch oven and bring to boil over high heat. Reduce heat, cover
partially and simmer until tender, about 20 minutes.

Blend butter and flour in shallow bowl until smooth. Using back of fork,
scrape butter mixture into hot soup a little at a time, stirring well
after each addition. Simmer 10 minutes, stirring frequently.

Meanwhile, beat yolks in large bowl of electric mixer on high speed until
light and lemon colored. Reduce speed and gradually mix in some of hot
soup. Return mixture to saucepan and cook until heated through. Stir in
rice and chicken. Ladle soup into bowls. Garnish with lemon slices.

Source: Michaels Restaurant - Rochester, Minnesota.
Favorite Restaurant Recipes - ISBN: 0-89535-100-5

Title: Garides Tourkolimano (Greek Shrimp)
Categories: Greek, Seafood, Main dish
Servings: 6

3 lb Raw large shrimp
1/2 c Lemon juice
1/2 c Butter; whipped
1 Garlic clove; minced
1 c Chopped green onion tops
3 lg Tomatoes; peeled, in wedges

1 ts Oregano
Salt & pepper
1 lb Feta cheese, crumbled
3/4 c Cream sherry

Peel and devein shrimp. Sprinkle with lemon juice and set aside.

Melt butter in large skillet. Saute garlic, green onion tops and tomato wedges. Add shrimp and season with oregano, salt and pepper to taste.

Turn shrimp frequently and saute until pink. Add feta cheese and cream

sherry. Bring to boil and cook 3 to 4 minutes. Remove shrimp carefully

to casserole. Spoon cheese-sherry mixture over shrimp.

Source: Michaels Restaurant - Rochester, Minnesota.
Favorite Restaurant Recipes - ISBN: 0-89535-100-5

Title: Revani With Orange
Categories: Greek, Desserts, Cakes
Servings: 20

1/2 c Butter; room temperature
1/2 c Sugar
1/2 c Farina
3 Eggs; well beaten
1/2 c All-purpose flour
1 tb Baking powder
1/8 ts Salt
1/4 c Orange juice
1/2 Orange (minced zest only)
1/2 c Finely chopped almonds

SYRUP
1 1/2 c Water

1 1/2 c Sugar
1 sl Lemon (thick slice)

---TO GARNISH ---

Whipped cream
Fresh strawberries

Preheat oven to 350 F. Lightly grease 9-inch square baking paper. Cream butter and sugar in large mixing bowl. Gradually beat in farina. Add eggs 1 at a time, beating well after each addition. Sift together flour, baking powder and salt and add alternately with orange juice and zest. Stir in almonds. Turn into prepared pan and bake until center of cake springs back when lightly touched and top is golden brown, about 30 minutes.

For syrup: Combine water, sugar and lemon slice in medium saucepan. Bring to boil, stirring until sugar is dissolved, and boil 15 minutes. Cool slightly before pouring slowly over cake (leave cake in pan).

When cake is completely cool, cut into diamond-shaped pieces. Serve garnished with whipped cream and strawberries.

Source: Myconos - Yarmouthport, Massachusetts.
Favorite Restaurant Recipes, ISBN: 0-89535-100-5

Title: Monastery Cookies
Categories: Greek, Cookies, Desserts
Servings: 1

1 / 2 lb Butter
1 / 2 c Sugar or honey
1 Egg; separated
2 1 / 4 c Flour
1 / 2 c Confectioners' sugar
1 c Chopped nuts or sesame seeds
1 / 2 c Tart preserves (optional)

Note: Walnuts, almonds or pistachios may be used in this recipe.

Apricot, quince, raspberry or rose preserves are suggested.

Beat butter until fluffy. Add sugar or honey, and beat in. Add the yolk of an egg. Sift flour with confectioners' sugar and add. In a separate bowl beat egg white with a fork slightly.

Spoon out a small amount of dough and roll into a ball. (If dough is too soft, refrigerate 1 hour. Do not add more flour.) Dip in egg white and then roll in chopped nuts or sesame seeds. Place on greased cookie sheet.

Poke a hole in the middle for preserves, or press slightly to flatten.

Bake in a preheated oven at 400 F for 12 minutes. While still warm, fill holes with preserves or jam.

From: "The Complete Greek Cookbook" by Theresa Karas Yianilos. Avenel Books, New York.

Title: Anginares Me Anitho - Artichokes With Dill

Categories: Greek, Main dish, Appetizers, Vegetables, Vegetarian

Servings: 8

12 md Globe artichokes
1 Lemon (juice only)
Lemon slices
3 tb Flour (optional)
1/2 c Chopped scallinos, white only
1/4 c Olive or other oil
1 Lemon (juice only)
3 c Water
Salt
Freshly ground white pepper
2 tb Finely chopped dill
3 ts Cornflour
Cold water
2 Eggs
Chopped dill for garnish

Serves: 4 as a light meal, 8 as a first course

Cooking time: 45-50 minutes

Wash artichokes well and cut off stem close to base. Have ready a bowl of cold water with the juice of 1 lemon and some lemon slices added. If desired stir in 2-3 tablespoons flour as this is quite effective in preventing discoloration.

As each artichoke is prepared, rub cut surfaces with a lemon slice from the bowl and place in bowl until all are prepared. Cook as soon as possible after preparation.

Remove 3 or 4 layers of leaves until the tender inner leaves remain.

Scoop out choke and pink thorny leaves from centre, using a spoon or melon ball scoop. Cut in half.

In a large pan gently fry spring onion in oil until soft. Add juice of

1 / 2 lemon, water, about 2 teaspoons salt and a good grinding of pepper.

Bring to the boil.

Drain prepared artichokes and add to pan with dill. Return to a slow

simmer, cover and simmer gently for 30 minutes or until artichokes are

tender. Strain cooking liquid into a pan and boil until reduced to half

original quantity (about 1-1 / 2 cups). Keep artichokes hot in a slow oven.

Mix cornflour to a paste with a little cold water and stir into simmering

liquid. Stir until thickened and bubbling and leave to simmer gently.

Beat eggs in a mixing bowl until light and frothy and gradually add

remaining lemon juice. Gradually pour in simmering stock, beating

constantly. Return to pan and stir over low heat for a minute or 2 to

cook the egg.

Pile artichokes on a warm platter, pour sauce on top and sprinkle with

chopped dill. Serve as a light meal or as a first course.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Salata Horiatiko - Village Salad

Categories: Greek, Salads

Servings: 6

4 md Tomatoes
2 Slender green cucumbers
1 Sweet green pepper
2 md Onions; sliced
125 g Feta cheese
1/2 c Black olives

---LATHOXITHO (DRESSING) ---

1/2 c Olive oil
1/4 c Wine vinegar
2 ts Chopped oregano or parsley
1 Garlic clove; crushed
1/2 ts Salt
Freshly ground black pepper

If peeled tomatoes are desired, pour boiling water over them and leave for

10 seconds. Drain and peel. Cut tomatoes into wedges. Peel cucumbers

thinly and halve lengthwise. Cut in 1 cm (1/2 inch) slices.

Wash, core

and seed pepper and remove white membrane. Halve and cut into thick

strips. Separate onion slices into rings. Place prepared ingredients in

a bowl, dice the feta cheese and put on top with the olives.

Pour on

dressing just before serving.

For dressing: Combine ingredients in a bowl and beat well with a fork or

put in a screw top jar, seal and shake well. Beat or shake again just

before serving.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Oktapothi Toursi - Pickled Octopus
Categories: Seafood, Appetizers, Greek
Servings: 8

1 Octopus (about 1 kg)
1 Garlic clove; crushed
1/2 c Olive oil
1/2 c Vinegar
Salt & pepper to taste

Serves: 6-8
Cooking time: 45-60 minutes

To clean octopus, pull off tentacles, remove intestines and ink sac. Cut out eyes and beak. Remove skin and rinse well. Place head and tentacles in a pan over low heat until it turns deep pink and is tender (about 45 to 60 minutes). Drain and when cool enough to handle strip off suckers from tentacles if desired. Cut head and tentacles into bite-sized pieces and place in a bowl. Add garlic, olive oil, vinegar, salt if necessary and pepper to taste. Mix well, cover and leave to marinate in refrigerator for 12 hours before using. Stir occasionally.

To serve, lift out of marinade, pile onto a dish, garnish with lemon wedges and parsley. Supply cocktail picks for your guests' convenience.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Cuttlefish With Spinach
Categories: Greek, Seafood, Main dish
Servings: 6

750 g Cuttlefish or squid
1/3 c Olive oil
Water
Salt
Freshly ground black pepper
750 g Spinach
1 c Chopped spring onions
1/2 Lemon (juice only)

Cuttlefish (souples) as distinct from squid (kalamaria) are preferred for this dish, though either may be used. Cleaning cuttlefish can be a rather messy business as these marine molluscs have an ink sac from which the pigment sepia is obtained. The sac ruptures easily and is usually ruptured by the time you purchase them, so don't be put off by their colour - the ink rinses off easily.

Rinse cuttlefish or squid and remove head, attached tentacles and intestines; discard intestines. Pull out cuttle bone or fine transparent bone if squid is being prepared. Pull off fine skin and rinse. Remove eyes and beak from head, leave head attached to tentacles and pull or rub off skin from tentacles, or as much skin as will easily come off.

Slice hood or body into strips. If squid are large, slice head and tentacles - cuttlefish tentacles are usually small and these are left intact. Place prepared cuttlefish or squid in pan and set on medium heat. Cover and cook for 15 minutes in its own juice. Add half the oil, just

enough water to cover, and salt and pepper to taste, cover and simmer gently for 45 minutes or until tender.

Meanwhile trim spinach and wash thoroughly. Drain well and chop leaves and stalks coarsely.

Heat remaining oil in a separate pan and gently fry spring onion until soft, add spinach and stir over heat until it wilts. Add spinach mixture to cuttlefish or squid with lemon juice and adjust seasonings with salt and pepper. Cover and simmer for further 10-15 minutes. Serve hot.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Tomates Yemistes (Stuffed Tomatoes)
Categories: Greek, Vegetables
Servings: 6

12 md Ripe tomatoes
Sugar
Salt
Freshly ground pepper
1 lg Onion; chopped
1/4 c Pine nuts (optional)
1 1/2 c Short grain rice
1/2 c Currants
1 1/2 c Hot water
2 tb Chopped parsley
2 tb Chopped mint
Water or dry white wine

Serves: 6

Cooking time: 45 minutes

Oven temperature: 180 C (350 F)

Slice tops from tomatoes and reserve. Scoop pulp and sprinkle cavities with a little sugar. Keep aside.

Put pulp in a saucepan with salt, pepper and 1/2 teaspoon sugar and simmer until soft. Press through a sieve and reserve pulp.

Gently fry onion in half of the oil until transparent. Add pine nuts (if used) and cook for further 5 minutes. Stir in rice, currants, hot water, parsley, mint and season to taste. Bring to the boil, cover and simmer gently for 10 minutes until liquid is absorbed.

Fill tomatoes, allowing room for rice to swell. Replace tops and stand in an oven dish.

Pour pureed tomato pulp and equal quantity of water or white wine into dish. Spoon remaining oil over tomatoes and cook, uncovered, in a moderate oven for 30 minutes. Serve hot or cold.

Note: This makes a pleasant luncheon dish or an attractive accompaniment to main meals.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Garithes Yiouvetsi (Baked Prawns)
Categories: Greek, Seafood, Main dish
Servings: 6

1 kg Large uncooked prawns
1 md Onion; finely chopped
1/2 c Olive oil
1 c Chopped spring onions
2 Garlic cloves; crushed
2 c Chopped, peeled tomatoes
1/2 c Dry white wine
1/4 c Chopped parsley
1/2 ts Dried rigani or oregano
Salt
Freshly ground pepper
125 g Feta cheese

Serves: 6
Oven temperature: 250 C (500 F)
Cooking time: 50 minutes

Shell prawns, leaving last segment of shell and the tail intact.
De-vein
and rinse. Drain and dry with paper towels and refrigerate until required.

In a pan gently fry onion in oil until transparent, add spring onion and
garlic and cook 2 minutes longer. Add tomatoes, wine, most of the
parsley, rigani and salt and pepper to taste. Cover and simmer gently for
30 minutes until thick.

Spoon half of the tomato sauce into 6 individual oven dishes or 1 large
oven dish. Add prawns and spoon remaining sauce over them.
Coarsely
crumble feta cheese and sprinkle on top.

Cook in a very hot oven for 10-12 minutes until prawns are pink and the
feta melted and lightly browned. Sprinkle with remaining parsley and

serve immediately as a first course with crusty bread.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

**Title: Pilafi Me Mythia (Mussel Pilaf)
Categories: Greek, Seafood, Main dish
Servings: 6**

**1 1/2 kg Fresh mussels
Water
Salt
1/4 c Olive oil
1/4 c Butter
1 lg Onion; finely chopped
1/2 c Dry white wine
Freshly ground black pepper
2 c Short grain rice
1/4 c Chopped parsley
Parsley sprigs, lemon wedges**

Serves: 6

Cooking time: 45 minutes

Scrub mussels with a stiff brush, scraping shells with a knife blade to clean them thoroughly. Tug beard towards pointed end to remove. Place in a bowl of lukewarm salted water until mussels open. If any are open to begin with, tap shell - if mussel does not close, then discard it. While mussels are open, run lukewarm water into the bowl so that any sand can be expelled from the mussels. Drain.

Heat oil and butter in a deep pan and add onion. Fry gently until transparent. Add mussels, cover pan and cook for 5 minutes until shells open. If any do not open, then discard them. Add 3 cups cold water, wine, 1 1/2 teaspoons salt and pepper to taste. Cover pan and bring to a slow simmer. Simmer gently for 10 minutes, then remove mussels with a slotted spoon.

Wash rice until water runs clear, then add to liquid in pan with the parsley. Bring to the boil, stirring occasionally. Reduce heat, cover pan tightly and cook over low heat for 15 minutes.

While rice is cooking scoop mussels from shells and reserve. Keep 6

mussels in the shell for garnish. Put shelled mussels on top of rice.

Place two paper towels over rim of pan and fit lid on firmly. Leave on

low heat for further 5 minutes, then remove pan to side of stove and leave for 10 minutes.

Blend mussels through rice with a fork and pile pilafi in a dish. Garnish

with reserved mussels, parsley sprigs and lemon wedges.

Note: 1/2 cup tomato puree (not paste) may replace 1/2 cup water for a different flavour.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 186302 069 1

Title: Pastitso 2
Categories: Greek, Main dish
Servings: 8

500 g Long macaroni
4 tb Butter
3/4 c Grated Kefalotyri cheese *
1/4 ts Nutmeg
Salt & pepper
3 Eggs; lightly beaten

---MEAT SAUCE ---
1 lg Onion; chopped
1 Garlic clove; crushed
2 tb Butter
750 kg Ground beef
1/4 c Tomato paste
1/2 c Dry red or white wine
1/2 c Stock
2 tb Chopped parsley
1/2 ts Sugar
Salt and pepper

--CREAM SAUCE --
1/3 c Butter
1/2 c Flour
3 c Milk
1/4 ts Nutmeg
Salt and pepper
1 Egg; lightly beaten

***Note: if Kefalotyri cheese is unavailable, Parmesan may be used instead.**

Serves: 12 as a first course; 6-8 as a main course
Cooking time: 1-1/2 hours
Oven temperature: 180 C (350 F)

Cook macaroni in boiling, salted water until just tender. Drain and return to pan.

Melt butter until golden brown and pour over macaroni. Add 1/2 cup of the cheese, the nutmeg, salt and pepper to taste and toss well. Leave until cool, add eggs and toss again. Keep aside.

Make meat sauce. Gently fry onion and garlic in butter until onion is soft, increase heat and add ground beef. Stir well and cook until meat begins to brown. Add remaining meat sauce ingredients, cover and simmer over gentle heat for 20 minutes.

Make cream sauce. Melt butter in a saucepan, stir in flour and cook gently for 2 minutes. Add milk all at once and bring to the boil, stirring constantly. Boil gently for 1 minute. Add nutmeg, salt and pepper to taste and cool a little before stirring in beaten egg. Add 1/2 cup of this sauce to the cooked meat sauce.

To assemble Pastitso, butter a 33 x 23 x 8 cm (13 x 9 x 3 inch) oven dish. Spoon half of the prepared macaroni evenly in the base and top with the meat sauce. Cover with remaining macaroni, levelling top.

Pour on cream sauce and spread to completely cover macaroni. Sprinkle remaining cheese on top and cook in a moderate oven for 50 minutes until golden brown. Let stand for 10 minutes before cutting into squares to serve.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Lambratis Andros (Easter Lamb Or Kid Andros Style)

Categories: Greek, Meats

Servings: 20

- 1 Baby lamb or kid, 10-12 kg**
- Salt**
- Freshly ground black pepper**
- 2 Lemons**
- 1/4 c Butter; melted**
- 1/4 c Olive oil**

-SPINACH & FETA STUFFING -

- 2 1/2 kg Spinach**
- 3 c Chopped spring onions**
- 3/4 c Olive oil**
- 1 c Short grain rice**
- 1 1/2 kg Feta cheese**
- 1/4 c Chopped fresh dill**
- 1/4 c Chopped fresh mint**
- Salt**
- Freshly ground black pepper**

Serves: 20

Oven temperature: 180 C (350 F)

Cooking time: 4-5 hours

Wipe lamb inside and out with a damp cloth. Rub cavity and outside of lamb with lemon juice, salt and pepper. Cover and leave aside until stuffing is prepared.

Trim roots from spinach and remove discoloured and damaged leaves. Wash spinach in several changes of water, drain well and chop coarsely.

In a large deep pan (not aluminium) gently fry spring onions in oil until soft, add spinach and stir over heat until it wilts. Stir in washed rice,

cover pan and cook on low heat for 10 minutes until most of liquid is absorbed. Remove from heat and cool. Break up feta into small chunks and add to spinach mixture with herbs. Mix well, taste, then add salt if necessary and a generous grinding of pepper. Blend thoroughly.

Partly sew up the cavity with white string, pack stuffing in through opening and finish sewing up the cavity. Push foreshanks back towards body and tie in position, passing string over back of carcass. Tie back legs, leaving them a little apart - tying will prevent them splaying outwards. Rub outside again with lemon juice, salt and pepper and place on a rack set in a large catering-size baking dish.

Combine melted butter with olive oil and brush half of this over the lamb or kid. Cover dish with large sheets of foil, sealing joints with double folds. Press foil under edges of dish to seal completely.

Bake in a moderate oven for 4-5 hours. After 2 hours lift foil and brush meat with butter-oil mixture. Cook for further 1 1/2 to 2 hours, remove foil, brush again and cook uncovered for 30 minutes or until meat is cooked through and browned. Remove from oven, cover with foil and a thick cloth and leave to rest for 30 minutes before carving. Lift lamb or kid onto a large wooden board, remove string and spoon stuffing onto a platter. Turn the carcass onto its back and chop along backbone from the inside with a cleaver. Then chop each half into chunks and pile onto platters. Meat on legs may be carved into slices.

From: "The Complete Middle East Cookbook" by Tess Mallos.

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**Title: Keftethes Apo Ton Pontos (Meat Patties From Ponti)
Categories: Greek, Meats
Servings: 6**

**500 g Veal stew meat
250 g Pork stew meat
3 sl Stale bread (thick slices)
 - crusts removed
1 Onion; finely chopped
1 Garlic clove; finely chopped
3 tb Chopped parsley
1 ts Chopped mint
1 ts Chopped basil
1 md Tomato; peeled, chopped
1 Egg
1 tb Vinegar
1 ts Bicarbonate of soda
1 1/2 ts Salt
 Freshly ground black pepper
 Flour to coat
 Oil for frying**

Serves: 5-6

Cooking time: 8-10 minutes

Finely grind veal and pork, leaving some fat on pork. Combine meats.

Soak bread in cold water. Squeeze dry and crumble into a mixing bowl.

Add onion, garlic, herbs, tomato, egg and vinegar; blend in soda, salt and

pepper. Add meat and blend in lightly and thoroughly, using a hand if necessary. Chill for 1 hour.

Taking about 2 tablespoons of the mixture at a time, roll into balls.

Moisten hands occasionally. Roll balls in flour and flatten into rounds 5

cm (2 inches) in diameter. Shallow fry in hot oil for 4-5 minutes each

side. Patties will puff up. Turn carefully with spatula or tongs. Drain

on paper towels and serve immediately with fried potatoes and vegetables or salad.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Arni Fricasse (Lamb Fricasse)

Categories: Greek, Meats, Main dish

Servings: 6

1 lg Onion; chopped
2 tb Butter
1 kg Lean boneless lamb, cubed
1 c Hot water
2 tb Chopped parsley
1 ts Chopped dill or fennel, opt.
Salt and pepper
Prepared vegetable *see note

---EGG AND LEMON SAUCE ---

1 1/2 c Stock
1 tb Cornflour
3 Eggs; separated
1 Lemon (juice only)

Salt
Freshly ground white pepper

Serves: 4-6

Cooking time: 1 3/4 to 2 hours

In a heavy-based saucepan or Dutch oven gently fry onion in butter until transparent. Increase heat and add cubed lamb. Cook, stirring constantly, until meat juices evaporate. Meat should not brown. Reduce heat and add hot water, herbs and salt and pepper to taste. Cover and simmer gently for 1 to 1 1/2 hours. Add prepared vegetable and continue to cook until lamb and vegetables are tender. Carefully drain liquid from pan into a measuring jug and make up to 1 1/2 cups with hot water or stock. Keep pan contents hot.

Make Egg and Lemon Sauce: Bring stock to the boil. Mix cornflour to a paste with a little cold water and add to stock, stirring until thickened and bubbling. Let it boil for 1 minute. In a bowl, beat egg whites until stiff, add egg yolks and continue beating until light and fluffy. Add lemon juice gradually, beating constantly. Gradually pour in boiling, thickened stock, beating constantly. Return sauce to pan and cook, stirring constantly, over low heat for 1 to 2 minutes to cook the egg. Do not allow sauce to boil. Remove from heat and continue to stir for 1 minute. Season to taste.

Pour Egg and Lemon Sauce over lamb and vegetable, cover and leave at the side of the stove for 5 minutes. Arrange lamb and vegetable on a serving

dish and sprinkle with chopped herb. Serve immediately with crusty bread and a chilled white wine.

***Note:** Use any one of the following for the vegetable:

8-12 small globe artichoke hearts. Add to meat about 1 hour and cook for further 30-45 minutes.

500 g (1 lb) celery stalks cut into 8 cm (3 inch) lengths and blanched in boiling, salted water for 5 minutes. Drain, add to meat after 1 hour and cook for further 45 minutes. Pork can be used instead of lamb with this vegetable.

4 heads endive, washed well and trimmed of any coarse leaves. Slit heads in half lengthways and blanch in boiling salted water for 2 minutes. Drain, add to meat after 1 1/2 hours and cook for further 15 minutes.

4 small firm heads lettuce, washed well and quartered. Place in a colander and scald with boiling water. Add after 1 1/2 hours and cook for further 15 minutes.

From: "The Complete Middle East Cookbook" by Tess Mallos.

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Title: Arni Lemonato (Roast Lemon Lamb)
Categories: Greek, Meats
Servings: 8

1 Leg of lamb, about 2 kg
3 Garlic cloves
2 Lemons (juice only)
Salt
Freshly ground black pepper
1 ts Dried rigani or oregano
2 tb Butter or margarine
1 c Hot water

Serves: 6-8

Oven temperature: 180 C (350 F)

Cooking time: 2 1/2 hours

Wipe leg with damp cloth. Cut small slits over surface of lamb.
Cut
garlic cloves into slivers and insert in slits. Rub entire surface
with
lemon juice and season with salt and pepper. Sprinkle with
herb and place
in a roasting pan. Cook in a moderate oven for 1 hour. Drain off
fat and
add hot water to pan. Spread butter on lamb and return to
oven. Cook for
further 1 1/2 hours or until lamb is cooked to taste. Turn
during cooking
to brown evenly. Allow lamb to rest in warm place for 15 to 20
minutes
before carving. Skim off excess fat from pan juices, reduce if
necessary
and serve with the lamb.

Note: 1 kg (2 lb) potatoes, peeled and quartered, may be
cooked with the
lamb during the last hour. Sprinkle with additional lemon juice,
herb,
salt and pepper.

From: "The Complete Middle East Cookbook" by Tess
Mallos.

ISBN: 1 86302 069 1

Title: Arnaki Se Fillo (Lamb In Fillo)
Categories: Greek, Meats, Main dish
Servings: 6

6 Boneless lamb leg steaks *
Freshly ground black pepper
2 tb Butter or oil
2 md Onions; sliced
1 Garlic clove
12 Fillo sheets
1/2 c Butter; melted
Salt
3 md Tomatoes; peeled
1 ts Rigani or oregano
125 g Feta cheese; cut in 6 slices

***Note: Lamb steaks should be about 2 cm (3/4 inch) thick.**

Serves: 6
Oven temperature: 200 C (400 F)
Cooking time: 25-30 minutes

Trim steaks of most of the fat and shape neatly - trimmings can be used in a ground lamb dish. Season with pepper.

Heat butter or oil in a frying pan and brown steaks quickly on each side - do not cook through. Lift out onto a dish and leave until cool. Add onions to pan and fry gently until transparent, add garlic and remove from heat.

Brush a sheet of fillo pastry with melted butter and place another sheet on top, brushing again with butter. Fold in half to make almost a square of fillo. Put aside and cover with a dry tea towel, then one dampened

with warm water. Repeat with remaining fillo to give 6 prepared squares.

Take one square and brush top with butter - leave remaining pastry

covered. Place a lamb steak in the centre and season lightly with salt.

Top with onion-garlic mixture and cover with 2 slices of tomato. Sprinkle

with a little rigani, salt and pepper and place a slice of feta cheese on

top. Bring up ends of fillo pastry and double-fold over top. Fold in

ends as you would a package then tuck ends underneath. This is known as a

the chemist's (druggist's) fold. Place on a buttered baking tray. Repeat

with remaining ingredients.

Brush tops and sides of packages lightly with melted butter and bake in a

preheated hot oven for 15 minutes. Serve immediately if possible, though

they will survive in the oven with heat turned off for about 10 minutes.

Garnish with parsley sprigs and serve with boiled green beans or zucchini

dressed with olive and lemon juice.

Note: Medallions of lamb cut from a trimmed loin can be used instead of

the steaks. You will require 12, and place 2 in each package.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Skembe Yahni (Tripe Stew)

Categories: Greek, Meats, Main dish

Servings: 4

750 g Tripe
1 Lemon (juice only)
Water
2 tb Butter
1 lg Onion; chopped
1/4 c Chopped parsley
1/4 c Tomato paste
1 c Water
1/2 c Dry white wine
Salt
Freshly ground black pepper
Chopped parsley to garnish

Serves: 4-5

Cooking time: 2 1/4 hours

Wash tripe well, drain and cut into small squares or fingers.
Place in a
dish, add lemon juice, stir and leave for 1 hour. Place tripe in
pan, add
water to cover and bring to the boil. Drain off water and
remove tripe
to a plate.

Clean pan and add butter. Melt over medium heat and add
onion. Fry
gently until transparent. Stir in parsley, fry 1 minute, then add
tomato
paste, water, wine and salt and pepper to taste. Bring to a slow
simmer.

Return tripe to pan, cover and simmer gently for 2 hours or
until tripe is
tender. To test for tenderness, take out a piece and pull. If it
breaks
apart easily, tripe is cooked.

Place in a serving dish, garnish with parsley and serve hot with
pilaf and
a tossed salad.

From: "The Complete Middle East Cookbook" by Tess
Mallos.

ISBN: 1 86302 069 1

Title: Yemista me Lahano (Stuffed Cabbage Leaves)
Categories: Greek, Main dish
Servings: 6

- 1 lg Onion; finely chopped
- 1 tb Olive oil
- 1 kg Ground beef or lamb
- 1/3 c Short grain rice
- 1 Tomato; peeled and chopped
- 2 tb Chopped parsley
- 1 ts Chopped dill or mint
- 1/8 ts Ground cinnamon
- Freshly ground black pepper
- 24 Cabbage leaves
- Salted water
- 1 tb Butter
- 2 c Hot stock or water
- Salt
- 1 tb Cornflour
- 2 Eggs; separated
- 1 Lemon (juice only)
- Chopped dill or parsley

Serves: 6

Cooking time: 1 1/2 hours

Gently fry onion in oil until soft. Mix into meat with rice,
tomato,
herbs and cinnamon, seasoning to taste with salt and pepper.
Divide into
24 portions.

Blanch cabbage leaves in boiling, salted water for 5 minutes
until

softened. Drain and cut out thick centre of larger leaves (very large leaves may be cut in half). Place one portion of stuffing on base of leaf, turn up base, fold in sides and wrap firmly into a neat roll. Repeat with remaining ingredients.

Place rolls close together, seam sides down, in a deep pan lined with trimmings from cabbage leaves. Add stock or water, butter, salt and pepper to taste. Invert a heavy plate on top of rolls and cover pan tightly. Simmer gently for 1 1/2 hours.

When cooked, drain off stock carefully into a small saucepan. Reduce to 1 1/2 cups over heat and thicken with cornflour mixed to a paste with a little cold water. Let it boil 1 minute.

Beat egg whites in a bowl until stiff, add yolks and beat thoroughly. Gradually beat in lemon juice, then boiling stock. Return sauce to small pan, place over low heat and stir constantly until egg is cooked - do not boil.

Arrange rolls on a heated serving dish and spoon some of the sauce over them. Garnish with chopped dill or parsley and serve remaining sauce separately. Serve with mashed potatoes.

Note: Grape vine leaves may be used instead of cabbage - about 40 will be required since they take less filling.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Arni Souvlaki (Skewered Lamb)
Categories: Greek, Meats
Servings: 6

1 Leg lamb (2 kg), boned
1/2 c Olive oil
1/2 c Dry white wine
1 Lemon (juice only)
2 ts Dried rigani or oregano
2 Garlic cloves; crushed
3 Bay leaves; broken in pieces
Salt and pepper

Serves: 6-8
Cooking time: 15 minutes

Cut lamb into 4 cm (1 1/2 inch) cubes and place in a glass or earthenware dish. Add remaining ingredients to lamb, mix well to coat meat, and cover. Leave in refrigerator to marinate for 12-24 hours, stirring meat occasionally.

Lift lamb out of marinade and thread onto metal skewers. Pieces of bay leaf may be placed between lamb cubes.

Cook under a hot grill or over glowing charcoal, running and basting frequently with marinade. Grill for 15 minutes or until cooked to taste. Place on a platter and garnish with parsley and lemon wedges. Serve hot.

From: "The Complete Middle East Cookbook" by Tess Mallos.
ISBN: 1 86302 069 1

Title: Yahni me Koukia (Meat Stew with Broad Beans)
Categories: Greek, Main dish
Servings: 6

1 kg Beef or lamb stew meat
2 tb Oil or butter
1 lg Onion; finely chopped
2 Garlic cloves
1/2 c Chopped celery
1 c Chopped, peeled tomatoes
1/4 c Tomato paste
1/4 c Dry red wine
3 Cloves
1/4 c Chopped parsley
Salt
Freshly ground black pepper
1/2 ts Sugar
500 g Very young broad beans

Serves: 5-6

Cooking time: 2 to 2-1/2 hours

Trim meat and cut into 3 cm (1-1/4 inch) cubes. Heat half the oil or

butter in a heavy pan and brown meat quickly on each side, adding a single

layer of meat to pan at a time. Remove to a plate when browned.

Reduce heat, add remaining oil and onion and fry onion gently until

transparent. Add garlic, celery and carrot and fry for a few minutes

longer. Add tomato paste, wine, water, cloves, bay leaf and most of

parsley. Return meat to pan and add salt and pepper to taste and the

sugar. Cover and simmer gently for 45 minutes for lamb, 1-1/4 hours for beef.

Wash broad beans well, top and tail, pulling off strings at the same time.

Cut into 8 cm (3-inch) lengths. Add to yahni, cover pan and simmer for further 30-45 minutes or until meat is tender.

Put yahni in a serving dish and sprinkle with remaining parsley. Serve hot with a tossed salad and crusty bread.

Note: Other vegetables may replace the broad beans; use same quantity unless otherwise specified.

GREEN BEANS: Top, tail and string if necessary. Slit down centre.

GREEN PEAS: Shell 1 kg (2 lb) green peas and add; 2 cups frozen peas may be used instead of fresh peas.

CELERY: Omit celery from basic recipe. Cut 1/2 bunch celery into 8 cm

(3-inch) lengths and blanch in boiling, salted water for 5 minutes. Drain and add.

ZUCCHINI (COURGETTES): Top and tail and cut into 1 cm (1/2 inch) slices.

CAULIFLOWER: Break 1 small head cauliflower into florets, soak in salted water, drain, rinse and add.

POTATOES: Peel 750 g (1-1/2 lb) medium-sized potatoes, quarter and add.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Kokoretsi tis Souvlas (Skewered Variety Meats)
Categories: Greek, Meats
Servings: 6

250 g Lamb sweetbreads
Water
1 1/2 Lemons
500 g Lamb hearts
2 Lamb kidneys

----MARINADE ----
1 sm Onion; grated
2 Lemons (juice only)
1/2 c Olive oil
3 Bay leaves; each in 3 pieces
1 ts Dried rigani or oregano
2 tb Chopped parsley
1 ts Salt
Freshly ground black pepper

---TO FINISH ---
Sausage casings

Serves: 6, more as an appetizer
Cooking time: 15-20 minutes

Rinse sweetbreads, place in a pan and cover with water. Add juice of 1/2 lemon. Bring to the boil, then drain. Put liver, heart and halved kidneys in a bowl with cold water to cover and add the juice of 1 lemon. Soak for 30 minutes, then drain. Remove skin from liver and trim larger tubes from liver and heart; cut out fatty core from kidneys. Cut meats and sweetbreads into 3 cm (1-1/4 inch) pieces and place in a glass or ceramic bowl.

Blend marinade ingredients and pour over prepared meats. Cover and leave

in refrigerator to marinate for at least 2 hours. Put sausage casings in cold water and leave to soak during this time.

Thread meats alternately on 6 skewers, adding 2 pieces of bay leaf to each skewer among meats. Drain sausage casings and wind a length of casing around meats on each skewer, tucking ends into keep casings in place.

Grill slowly over glowing charcoal, turning skewers frequently and brushing kokoretsi occasionally with marinade. Cook for 15 to 20 minutes, adjusting height of grid, or moving skewers to cooler part of fire so that kokoretsi cooks slowly. Serve hot.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Melopita

Categories: Greek, Desserts

Servings: 6

PASTRY

1 1/2 c Plain flour

1 pn Salt

1 tb Caster sugar

1/3 c Butter

1 Egg; separated

2 ts Lemon juice

2 tb Cold water

----FILLING ----

500 g Mizithra or ricotta cheese

1/2 c Honey
1 tb Caster sugar
1 pn Salt
3 Eggs
2 ts Lemon juice
2 ts Ground cinnamon

Oven temperature: 200 C (400 F), reducing to 170 C (325 F)
Cooking time: 45 minutes

Sift flour, salt and sugar into mixing bowl. Cut in butter with 2 knives,
then rub with fingertips until mixture resembles fine crumbs.
Beat egg
yolk with lemon juice and cold water and blend in, using knife.
When
dough clings together knead lightly until smooth, cover and rest for 30 minutes.

Beat cheese until smooth, gradually beat in honey and sugar.
Beat in
eggs, lemon juice and 1 teaspoon cinnamon.

Roll out pastry on a lightly floured board to a 30 cm (12 inch) circle.
Line a greased 25 cm (10 inch) springform tin or pie plate with the
pastry. Lightly beat egg white and brush some of this over
pastry. Pour
cheese mixture into pastry case and smooth top.

Bake in a hot oven for 15 minutes, reduce to moderately slow and bake a
further 30 minutes until set. Switch off heat and open oven door
slightly. Leave pie in oven until cool. Dust with remaining
cinnamon and
serve cut in wedges or in traditional diamond-shaped pieces.

Note: Store honey pie in covered container in refrigerator.
Bring to
room temperature before serving.

From: "The Complete Middle East Cookbook" by Tess
Mallos
ISBN: 1 86302 069 1

Title: Kataifi me Crema (Shredded Pastry with Custard)
Categories: Greek, Desserts
Servings: 1

CUSTARD FILLING

4 c Milk
3/4 c Cornflour
4 Eggs; beaten
1 pn Salt
1/2 c Sugar
1 ts Vanilla essence

-KATAIFI CRUST -

500 g Kataifi (shredded pastry)
3/4 c Unsalted butter; melted

SYRUP

2 c Sugar
1 1/2 c Water
1 Thin strip lemon rind
1 Piece of cinnamon bark
3 ts Lemon juice

Oven temperature: 190 C (375 F)

Cooking time: 1 hour

Combine milk and cornflour in a heavy pan. Blend in beaten eggs and add salt and sugar. Place over medium heat and stir constantly until thickened and bubbling. Remove from heat, stir in vanilla essence and cover top of custard with buttered paper to prevent a skin forming.

Place kataifi in a large bowl and gently separate strands with fingers.

Grease a 20 x 28 cm (8 x 11 inch) oven dish with some of the butter. Put

half the kataifi in the base, pressing it down to make it compact.

Drizzle 1/4 cup butter evenly over it. Pour custard filling over kataifi, spreading it evenly. Top with remaining kataifi. Spread evenly

and pat down gently. Pour remaining melted butter evenly over top. Bake

in a moderately hot oven for 45 minutes until golden brown.

Remove from

oven and leave until cool.

Dissolve sugar in water over medium heat, add lemon rind and cinnamon bark

and bring to the boil. Add lemon juice and boil over medium heat for 15

minutes, skimming when necessary. Do not stir once syrup is boiling.

Strain hot syrup over cooled pastry. Leave until cold and cut into

diamond shapes to serve.

Note: The previous recipe is the traditional way in which this dessert is

made. As the custard and syrup soften the kataifi, many good cooks use

the following method for a crisp finish:

Prepare the syrup as directed above and leave until cool. Place the

kataifi in a bowl and loosen strands. Pour on 1/2 cup melted, unsalted

butter and mix with fingers to coat strands. Spread kataifi in two

buttered 20 x 28 cm (8 x 11 inch) straight-sided oven dishes and press

down to make it compact. Bake in a moderately hot oven for 20-25 minutes

until golden - take care that it does not become too brown.

Remove from

the oven and pour cooled syrup evenly over hot kataifi in each dish.

Cover each dish with a tea towel so that kataifi softens slightly, otherwise it will be difficult to cut. Make custard as directed in previous recipe and pour while hot onto kataifi in one dish.

Invert other

dish of kataifi on top of the custard. Leave uncovered until cool, then

cut into diamond shapes to serve.

From: "The Complete Middle East Cookbook" by Tess Mallos

ISBN: 1 86302 069 1

Title: Koulourakia (Sesame Cookies)

Categories: Greek, Cookies

Servings: 70

1 c Butter
1 c Caster sugar
1 ts Vanilla essence
3 Eggs
5 c Plain flour
3 ts Baking powder
1/2 ts Ground cinnamon
1/4 ts Ground cloves
1/4 c Milk
1/2 c Toasted sesame seeds

Makes: 70

Cooking time: 15-20 minutes

Oven temperature: 190 C (375 F)

Cream butter and sugar with vanilla essence until light and fluffy. Beat

eggs, reserve 1 tablespoon for glazing and add remainder gradually to

butter mixture, beating well.

Sift dry ingredients twice. Stir into creamed mixture alternately with milk to form a soft dough. Knead lightly until smooth. If dough is sticky, chill for 1 hour.

Scatter some sesame seeds lightly on one side of pastry board. Shape pieces of dough into thick pencil shapes and roll onto the sesame seeds to coat lightly or according to taste. Double over rolled dough and twist, or form into rings, figure eights or coils. Place on greased baking sheets and glaze with reserved egg beaten with a little milk. Bake in a moderate oven for 15-20 minutes until golden brown. Cool on a wire rack and store in an airtight container.

Variation: Roll dough in granulated sugar instead of seeds. Glaze lightly with milk.

From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1

Title: Kataifi (Shredded Nut Pastries)
Categories: Greek, Desserts
Servings: 40

500 g Kataifi pastry
1 c Butter; melted

--NUT FILLING --
1 c Coarsely ground walnuts

1 c Coarsely ground almonds
1/2 c Caster sugar
1 ts Ground cinnamon
1/4 ts Ground cloves
1 Egg white; lightly beaten
1 tb Brandy

SYRUP

2 c Sugar
1 1/2 c Water
1 ts Lemon juice
1 Thin strip of lemon rind
4 Cloves
1 Piece cinnamon bark
1 tb Honey

Makes: 40 pieces

Oven temperature: 180 C (350 F)

Cooking time: 50-55 minutes

Take an eighth of the pastry strands and spread out on a board to a 18 x

25 cm (7 x 10 inch) rectangle with strands running roughly lengthwise.

Using a pastry brush, dab some butter over strands. Combine nut filling

ingredients and spread about 2 tablespoons of filling along one narrow

edge. Roll up firmly into a neat roll. Repeat with remaining ingredients. Place rolls close together in a 20 x 30 cm (8 x 12 inch)

slab cake pan or baking dish. Brush top with remaining butter. Bake in a

moderate oven, one shelf above centre, for 50-55 minutes until golden brown.

Meanwhile, dissolve sugar in water over heat, add lemon juice and rind,

cloves and cinnamon. Bring to the boil and boil over medium heat for 10

minutes. Stir in honey, strain and cool. Pour cooled syrup over hot

pastries and place a folded cloth on top. Leave until cool. Cut each roll into 5 pieces diagonally if preferred.

ALTERNATIVE SHAPING: Take a small handful of pastry strands and spread out fairly compactly on board. Have strands running towards you as much as possible and dab with butter. Mould a tablespoon of nut filling into a short sausage shape and place on one end. Roll up firmly into a neat roll and place in baking dish. Repeat with remaining ingredients. Makes about 30 rolls each about 5 cm (2 inches) long. Bake as directed above, prepare syrup and finish as in previous recipe.

From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1

Title: Vasilopita (New Year Bread)
Categories: Greek, Breads
Servings: 1

1 pk Active dry yeast
3/4 c Milk; lukewarm
3 Eggs; beaten
1 1/2 ts Grated orange rind
3/4 c Caster sugar
4 1/2 c Plain flour
1/4 ts Salt
1/2 ts Ground cinnamon
1/4 ts Ground masticha
1/2 c Butter; melted
1 Egg; for glazing
Blanched split almonds

New Year Bread is traditionally cut at midnight on New Year's Eve. After baking, a coin is inserted through a slit in the base. The person who finds the coin will have luck in the New Year. Long ago the coin used to be a gold one, then later a silver coin was used. These could be incorporated into the dough before baking. Nowadays because of the nickel content of coins it is undesirable to bake a coin in the cake.

Dissolve yeast in 1 / 4 cup of the milk. Add remainder of milk, eggs, orange rind and sugar. Sift 3 cups flour, salt and spice into a warm bowl and make a well in the centre. Pour in yeast mixture and stir to blend in flour, gradually adding warm melted butter. Mix dough with hands until it comes away from sides. Turn on to a floured surface and knead until smooth and elastic, adding remaining flour as required. Knead for 10 minutes. Place ball of dough in a clean bowl brushed with melted butter. Turn dough over to coat top with butter and cover bowl with a cloth or plastic wrap. Leav to prove (rise) in a warm place until doubled in bulk. Punch down and turn on to lightly floured surface. Knead lightly and shape into a round loaf. Place on a large greased baking sheet or in a greased 25 cm (10 inch) deep cake tin. Cover and let rise in a warm place until doubled - about 1 1 / 2 to 2 hours.

Glaze with well-beaten egg and arrange blanched almonds in numbers to denote the New Year, pressing in lightly. Bake in a moderately hot oven for 45 minutes until golden brown and cooked when tested. If bread browns

too quickly place a piece of greased brown paper on top. Cool on a wire rack.

From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1

Title: Tahinopita (Tahini Cake)
Categories: Greek, Desserts, Cakes, Vegan
Servings: 1

1 tb Veg. margarine or peanut oil
1 c Tahini
1 c Caster sugar
1 Orange (grated rind only)
3/4 c Strained orange juice
2 1/4 c Plain flour
1 pn Salt
3 ts Baking powder
1/2 ts Bicarbonate of soda
1/2 ts Ground allspice
1/2 c Finely chopped walnuts
1/2 c Sultanas (white raisins)

This cake is frequently made during Lent as it contains no animal products. Peanut butter, the smooth, creamy variety, may be used instead of tahini.

Oven temperature: 180 C (350 F)
Cooking time: 45-60 minutes

Grease a 20 cm (8 inch) tube pan or a 20 x 30 cm (8 x 12 inch) slab cake pan with melted margarine or oil. Chill in refrigerator until required.

Beat tahini, sugar and orange rind for 10 minutes, then gradually beat in orange juice. Sift dry ingredients twice and fold into tahini mixture.

Blend in walnuts and sultanas.

Dust chilled cake pan with flour and turn batter into pan. Spread evenly and knock base of pan on table top to settle batter. Bake in a moderate oven for 55-60 minutes for tube pan, 45 minutes or so for slab cake. When cooked, invert cake in its pan onto cake rack and leave for 2-3 minutes before lifting pan from cake. Cool cake and cut in slices or squares to serve. Store cake in a sealed container.

From: "The Complete Middle East Cookbook" by Tess Mallos

ISBN: 1 86302 069 1

Title: Finikia (Semolina Honey Cookies)

Categories: Greek, Cookies

Servings: 60

125 g Butter
1/2 c Caster sugar
1 Orange (grated rind only)
1/2 c Corn or peanut oil
2 1/2 c Plain flour
4 ts Baking powder
1 1/2 c Fine semolina (farina)
1 ts Ground cinnamon
1 pn Ground cloves
1/2 c Orange juice
Toasted sesame seeds *OR*
Chopped walnuts

SYRUP

**1 c Water
1 c Sugar
1/2 c Honey
1 Piece of cinnamon bark
2 ts Lemon juice**

Makes: 60

Oven temperature: 180 C (350 F)

Cooking time: 25 minutes

Cream butter, sugar and orange rind until light and fluffy. Gradually add oil and continue to beat on high speed until mixture thickens to whipped cream consistency. Sift flour and baking powder twice and combine with semolina and spices. Gradually add to creamed mixture alternately with orange juice. When combined knead with hand to form a firm dough.

Shape tablespoonfuls of dough into ovals, place on ungreased baking sheets and pinch ends to form torpedo shape. Bake in a moderate oven for 25 minutes until golden brown and crisp. Cool on baking sheets.

In a pan stir water and sugar over heat until sugar dissolves. Add honey, cinnamon bark and lemon juice and bring to the boil. Boil over medium heat for 10 minutes and remove cinnamon.

While syrup is boiling, dip cookies in 3 at a time, turn over in syrup, then remove to a rack placed over a dish. Repeat with number required for serving. Store remainder in a sealed container for later dipping.

Sprinkle dipped cookies with sesame seeds or chopped walnuts and serve.

From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1

Title: Amigthalota (Almond Pears)
Categories: Greek, Candies
Servings: 30

3 c Ground almonds
1 / 2 c Icing sugar; sifted
1 / 4 c Egg whites (1 / 4 c = 2 whites
1 / 2 ts Grated lemon rind, optional
2 dr Almond essence
Whole cloves
Additional icing sugar
Rose or orange flower water
- (optional)

Makes: 30
Cooking time: 20 minutes
Oven temperature: 160 C (325 F)

Blend ground almonds with icing sugar measured after sifting.
Add lightly
beaten egg whites with lemon rind if used and almond essence.
Mix to a
firm dough with hands. Clean hands and rub with a little butter
to
prevent dough sticking while shaping. Break off small pieces of
dough the
size of a walnut and form into pear shapes. Insert a whole
clove in the
top of each to resemble a stem and place upright on a buttered
and floured
baking sheet.

Bake in a moderately slow oven for 20 minutes, covering with brown paper
if tops begin to brown. Sift 2 cups icing sugar into a bowl and dip hot
Amigthalota into it. If desired, a little rose or orange flower water may
be brushed onto Amigthalota before dipping into icing sugar. Place on a
wire rack to cool.

Sift remaining sugar from bowl into base of a container and arrange cooled
Almond Pears upright in a single layer. Sift more sugar thickly over tops
and sides, seal and store for a day or two before using.

From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1

Title: Kythoni Pelves (Quince Jelly)
Categories: Greek, Jam / jelly
Servings: 1

1 kg Quinces
4 c Water
Granulated sugar
2 ts Lemon juice
2 Rose geranium leaves

Cooking time: 2 hours

Wash quinces well to remove the fuzz. Peel and core. Slice quinces into
preserving pan and add 2 cups water. Leave aside and do not be concerned
if quince discolours.

Place peels and cores into a pan with remaining water and boil for 30 minutes. Strain and make liquid up to 2 cups with water. Add liquid from peels to sliced quinces in pan. Bring to the boil and simmer gently for 1 hour until quince flesh is very tender.

Scald a large piece of cheese cloth or doubled butter muslin, wring out and drape over a deep bowl. Pour quince and liquid into clean cloth and gather up ends. Tie with string and suspend over bowl. Secure to a fixed object so that juice can drip slowly into bowl. Leave for 24 hours. Do not squeeze bag to hasten dripping as this will make jelly cloudy. Measure juice into clean preserving pan. For each cup of juice add 1 cup sugar. Stir over heat till sugar dissolves, add lemon juice and washed geranium leaves and bring to the boil.

Boil rapidly for 25 minutes, skimming frequently. Test a teaspoonful on a cold saucer. Leave to cool. Run finger across jelly in saucer - setting point is reached when surface wrinkles. It is advisable to remove pan from heat while jelly is being tested as you would overcook the jelly. Remove leaves and ladle hot jelly into hot sterilized jars. Seal when cold.

From: "The Complete Middle East Cookbook" by Tess Mallos

ISBN: 1 86302 069 1

Title: Kythoni Xysto (Grated Quince Preserve)
Categories: Greek, Jam / jelly
Servings: 1

4 Quinces (about 1 kg)
3 c Water
4 c Sugar
2 Thin lemon rind strips
1 Piece cinnamon bark *Or*
2 Rose geranium leaves
1/4 c Blanched split almonds *
2 tb Lemon juice

***Note: almonds should be toasted.**

Cooking time: 1 1/2 hours

Wash quinces well and rub off all fuzz. Peel, quarter and remove core.

Place peels and cores in a pan with 2 cups water and boil for 20 minutes.

Grate quince quarters and place in a heavy preserving pan with remaining water. Leave aside until peels are boiled. Do not be concerned if quince discolours.

Strain liquid from peels into a measuring jug and make up to 2 cups with

water. Add this to grated quince with the sugar, lemon rind and cinnamon

bark or washed geranium leaves. Place over medium heat and stir

occasionally with a wooden spoon until sugar is dissolved.

Bring to the

boil and boil fairly rapidly for 1 hour or until it gels when tested on a

cold saucer.

Stir in almonds and lemon juice and boil 1 minute longer. Ladle into hot, sterilized jars and seal when cold.

Note: As the peel and core contain pectin, the setting ingredients for jellies and preserves, it is advisable that these be boiled to extract the pectin.

**From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1**

**Title: Skorthalia (Garlic Sauce)
Categories: Greek, Sauces
Servings: 1**

**5 Garlic cloves
1/4 c White vinegar
Salt
125 g Crustless stale white bread
1/2 c Ground almonds
1/2 c Olive oil
1 tb Lemon juice
Freshly ground white pepper**

Makes: 1 1/2 cups

Soak halved garlic cloves in vinegar for 10 minutes. Remove garlic to a mortar, add 1/2 teaspoon salt and pound to a paste. Soak bread in cold water and squeeze dry. Crumble into small particles and gradually blend into garlic, adding a little vinegar to smooth the mixture.

When well pounded and smooth, transfer to a bowl if mortar is small.

Gradually beat in ground almonds and olive oil alternately with remaining

vinegar. Beat in lemon juice and add salt to taste. If mixture is very thick, beat in a little more oil or lemon juice, depending on flavour balance. Mixture should be the consistency of stiff mayonnaise.

Turn into a serving bowl and serve with fried fish, squid, fried or boiled vegetables or as directed in recipes.

Food processor or blender method: Soak garlic as above. Place all ingredients except oil in container and process or blend until smooth.

Gradually beat in oil. Adjust seasoning, flavour and consistency as above and blend until smooth. Do not over-beat as mixture could heat and curdle.

From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1

Title: Panjaria Salata (Beetroot Salad)
Categories: Greek, Salads, Vegetables
Servings: 6

6 md Beetroot with tops
Water
Salt
Skorthalia (recipe separate)

----DRESSING (OPTIONAL) ----
1/3 c Olive oil
2 tb Vinegar
1 tb Finely chopped coriander,opt

Serves: 6-8

Cooking time: 35-50 minutes

Wash beetroot well, cut off tops, leaving about 3 cm (1 1/4 inches) on beetroot. Select the tender, undamaged leaves of the beetroot, discarding remainder. Boil beetroot in salted water to cover until tender - about 30-45 minutes. Boil tops separately in salted water for 15 minutes.

Peel beetroot and slice or cube into a bowl. Drain tops and add to bowl if desired, or leave in a separate bowl.

Either serve at room temperature with Skorthalia, or mix dressing ingredients, pour over hot beetroot and leaves and allow to cool before serving.

**From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1**

**Title: Koloketes (Pumpkin Pies)
Categories: Greek, Appetizers, Vegetarian
Servings: 30**

**PUMPKIN FILLING
3 c Diced butternut pumpkin
2 tb Pougouri (coarse burghul)
1 md Onion; chopped
1/4 c Peanut or corn oil
1/2 ts Ground cinnamon
1 pn Ground cloves
1 1/2 ts Salt**

Freshly ground black pepper

PASTRY

4 c Plain flour

1 pn Salt

3 / 4 c Peanut or corn oil

1 / 2 c Cold water

3 ts Lemon juice

Beaten egg & milk for glaze

Makes: 30

Oven temperature: 200 C (400 F) reducing to 180 C (350 F)

Cooking time: 30 minutes

**Peel pumpkin, remove seeds and cut into 5 mm (1 / 4 inch) dice.
Measure and
place diced pumpkin into a bowl. Add remaining filling
ingredients, stir
to combine, cover and leave for 12 hours or overnight.**

**Sift flour and salt into a mixing bowl, add oil and rub in with
fingertips
until distributed evenly. Add water and lemon juice and mix to
a firm
dough. Knead lightly, cover and leave to rest for 30 minutes.**

**Roll out dough thinly (about the thickness of a normal pie
crust) and cut
into 15 cm (6 inch) rounds. Take a round of pastry and moisten
edges with
a little water. Place a good tablespoonful of filling in centre,
fold
over and press edges to seal well. Flute edge with fingers or
press with
tines of fork.**

**Place finished pies on lightly greased baking trays and glaze
tops with an
egg beaten with a little milk. Bake in a hot oven for 10
minutes, reduce
to moderate and bake for further 20 minutes. Serve hot or
cold.**

From: "The Complete Middle East Cookbook" by Tess
Mallos
ISBN: 1 86302 069 1

Title: Fakes Xithati (Sour Lentil Soup)
Categories: Greek, Soups, Vegetarian
Servings: 6

2 c Brown lentils
2 qt Water
1 c Finely chopped spring onions
1 Garlic clove (opt.); crushed
1/4 c Finely chopped coriander *
1/3 c Olive oil
1/4 c Cold water
1 tb Flour
1/4 c Vinegar (or to taste)
Salt
Freshly ground black pepper

*Note: Finely chopped parsley may be substituted for coriander leaves.

Wash lentils in several changes of cold water, or place in a sieve and run water through them. Drain.

Put lentils in a large pot with 8 cups water, spring onion, garlic if used, oil and coriander or parsley (or a combination of the two if preferred). Bring to the boil, cover pan and simmer on low heat for 1 hour or until lentils are soft.

Put water and flour in a screw top jar, seal and shake until thoroughly

combined. This prevents lumps forming. Pour this gradually into boiling soup, stirring constantly, until thickened slightly. Add vinegar and salt and pepper to taste. Return to the boil, boil gently for 5 minutes, then serve hot.

From: "The Complete Middle East Cookbook" by Tess Mallos

ISBN: 1 86302 069 1

Title: Papoutsakia with Meatballs
Categories: Greek, Main dish, California
Servings: 8

1 / 2 lb Ground beef
2 ts Fresh oregano; chopped
1 Garlic clove; finely minced
Salt to taste
1 / 4 c Olive oil
1 lg Onion; diced medium
8 sm Zucchini; cut in 1 / 2" pieces
5 Garlic cloves; finely diced
1 1 / 2 tb Fresh oregano; chopped
12 oz Tomato paste
12 oz Tomato sauce
2 qt Water
1 c Rice, cooked

In a medium bowl place the ground beef, the 2 teaspoons of oregano, the 1 clove of minced garlic, and the salt. Mix the ingredients together with your hands so that they are well combined. Roll the meat into 1" round meatballs.

Preheat the oven to 400 F. Place the meatballs on a flat sheet and bake them for 8 minutes, or until they are pink in the middle. Set the meatballs aside.

In a large stockpot place the olive oil and heat it on medium high until it is hot. Add the onions and zucchini, and saute them for 2 to 3 minutes, or until the onions are clear.

Add the 5 cloves of diced garlic and the 1 1/2 tablespoons of oregano, and saute them for 2 minutes.

Add the tomato paste and tomato sauce. Stir the ingredients together and cook the ingredients for 2 minutes.

Add the water. Bring the liquid to a boil and then reduce the heat to low. Simmer the soup for 45 to 60 minutes, or until the desired consistency is achieved. Add the meatballs and the cooked rice. Add more salt if necessary.

Source: La Rive Gauche - Palos Verdes, California.
California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9

Title: Spanahorizo
Categories: Greek, Vegetarian, Side dish, California
Servings: 4

1/2 c Olive oil
1 bn Parsley; chopped fine
1 lg Yellow onion; chopped fine
1 tb Garlic, finely chopped
3 c -Water

2 tb Tomato paste
1 c Tomatoes, chopped
1 / 8 ts Salt
1 / 8 ts Pepper
2 bn Spinach; stems removed,
- chopped
1 c White rice, uncooked

In a large saucepan place the oil and heat it on medium high until it is hot. Add the parsley, onions, and garlic. Saute the ingredients for 3 to 4 minutes, or until the onions are translucent.

Add the water and bring it to a boil.

Add the tomato paste, chopped tomatoes, salt, and pepper. Mix the ingredients together thoroughly so that everything is well combined.

Add the spinach and rice. Simmer the ingredients for 30 minutes on low heat, or until the rice is done.

Source: Papadakis Taverna - San Pedro, California
California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9

Title: Greek Patates
Categories: Greek, Side dish, Vegetables, California
Servings: 6

3 lb White potatoes
1 / 2 c Chopped yellow onions
1 / 4 c Finely minced garlic
1 / 2 ts Salt
1 / 2 ts Pepper

1 / 2 ts Dry oregano
1 / 2 ts Basil
1 c Fresh lemon juice
1 / 2 c Vegetable oil
Water (as needed)

Preheat the oven to 400 F.

In a large baking pan place the peeled and quartered potatoes (add enough

potatoes so that they fill the pan up, 3 / 4-inch from the top).

Sprinkle on

the onions, garlic, salt, pepper, oregano, basil, lemon juice, and vegetable oil. Add enough water so that the potatoes are just covered.

Stir the ingredients together very thoroughly so that everything is well mixed.

Bake the potato mixture for 45 minutes. Carefully stir the ingredients

together so that they are re-mixed. Bake the potatoes for another 45

minutes, or until they are tender. Remove the potatoes with a slotted spoon.

Serves 6 to 8

Source: Papadakis Taverna - San Pedro, California

California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9

Title: Makaronia

Categories: Greek, Pasta, California

Servings: 4

1 / 2 lb Sweet butter

1 / 4 lb Mizithra (or Feta); grated
1 1 / 2 lb Spaghetti; cooked al dente
16 Jumbo Calamata olives *
- olive meat shaved
- from pits

In a large saucepan place the butter and heat it on medium until it has melted. Add the cheese and stir it in.

Add the pasta and toss it in so that it is well coated with the butter and cheese. Add the shaved olives and toss them in well.

Source: Papadakis Taverna - San Pedro, California
California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9

Title: Papadakis Stuffed Grape Leaves
Categories: Greek, Appetizers, Main dish, California
Servings: 8

1 1 / 2 lb Ground lamb
1 lg Yellow onion; chopped fine
1 bn Parsley; chopped
1 bn Fresh mint; chopped
1 c Pine nuts
1 / 2 c Fresh lemon juice
1 / 2 c Olive oil
1 / 2 ts Oregano
1 / 2 ts Salt
1 / 2 ts Pepper
1 Jar grape leaves *
-Water (as needed)

***Note: Grape leaves should be washed and stems removed.**

In a large bowl place the lamb, onions, parsley, mint, pine nuts, lemon juice, olive oil, oregano, salt, and pepper. Mix the ingredients together with your hands so that they are well combined.

Lay a grape leaf out flat. Place approximately 3 ounces of the lamb mixture in the center of the grape leaf. Fold over the stem end. Fold over the two sides. Roll up the grape leaf so that the mixture is completely encased. Repeat this process until all of the meat mixture is used.

Preheat the oven to 350 F. Line the bottom of a large baking dish with approximately 10 grape leaves. Place the stuffed grape leaves in the dish so that they are tightly packed. Cover the stuffed grape leaves with water and bake them for 1 hour.

Source: Papadakis Taverna - San Pedro, California
California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9

Title: Marinated Lemon Chicken
Categories: Greek, Poultry, Main dish, California
Servings: 8

2 c Greek virgin olive oil
8 lg Chicken breasts
- (skin & bones removed)
6 Garlic cloves; crushed
2 Lemons; juiced
2 tb Fresh oregano; chopped
1/8 ts White pepper

4 oz Feta cheese; cut in 8 slices

In a large pan place the olive oil. Add the chicken breasts and coat them well with the oil.

Spread the garlic on both sides of the chicken.

Sprinkle the lemon juice over the chicken.

Sprinkle on the oregano and white pepper.

Cover the pan and place it in the refrigerator. Marinate the chicken for 24 hours.

Charbroil the chicken for 5 to 6 minutes on each side, or until it is done. Brush the chicken with the marinade the entire time that you are cooking it.

Place the broiled chicken on a large serving platter. Put a piece of feta cheese on top of each chicken breast.

**Source: Papadakis Taverna - San Pedro, California
California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9**

**Title: Sea Bass Greek Style
Categories: Greek, Fish, California
Servings: 8**

**8 8-oz sea bass fillets
1/2 c Flour (or as needed)
2 tb Light olive oil
1 Lemon; juiced**

3 tb Vegetable oil
2 lg Yellow onions; chopped fine
6 Garlic cloves; crushed
1 bn Parsley; chopped
1 pn Pepper
3 1/2 c Canned tomatoes
1 Tomato; chopped
3 Bay leaves
1/2 ts Rosemary
1/2 c Dry white wine
1 Lemon; cut into 8 wedges

Dust the sea bass fillets with the flour.

In a large skillet place the 2 tablespoons of olive oil and heat it on medium high until it is hot. Quickly sear the fillets on both sides so that they are sealed. Place the fish in a large baking pan and sprinkle on the lemon juice. Set the fish aside.

In a medium skillet place the 3 tablespoons of vegetable oil and heat on medium high until it is hot. Add the onions, garlic, and parsley. Saute the ingredients for 3 to 4 minutes, or until the onions are translucent. Add the pepper and stir it in.

In a medium large saucepan place the sauteed onion mixture, canned tomatoes, chopped tomato, bay leaves, rosemary, and white wine. Stir the ingredients together and simmer them on low heat for 40 minutes.

Preheat the oven to 350 F. Pour the sauce over the fish and bake it for 20 minutes, or until it is just done.

Garnish the dish with the lemon wedges.

Source: Papadakis Taverna - San Pedro, California

California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9

Title: Karithopita Spiced Walnut Cake

Categories: Greek, Desserts, Cakes, California

Servings: 8

**6 Eggs
2 1/2 c Bisquick
1/2 ts Cinnamon
1 ts Salt
1/2 ts Ground cloves
3/4 ts Baking powder
2 c Sugar
2 1/2 c Chopped walnuts
1 1/2 c Milk
1 1/2 c Vegetable oil
3/4 c Sugar
1/2 c Water
1 2" strip orange peel
1 2" strip lemon peel
1/2 Cinnamon stick
1/4 c Honey
1/2 Lemon; juiced
1/4 c Walnuts
1 ts Ground cinnamon**

In a large mixing bowl place the eggs, Bisquick, 1/2 teaspoon cinnamon, salt, cloves, baking powder, the 2 cups of sugar, the 2 1/2 cups of chopped walnuts, milk, and oil. Blend them together with an electric mixer for 5 minutes.

Turn the mixer on high and beat the batter for 15 seconds.

Preheat the oven to 375 F. Pour the batter into a baking pan that is 10 x 14 inches, and 2 1/2 inches deep. Bake the cake for 45 minutes, or until a toothpick inserted comes out clean. Remove the cake and let it sit for 2 hours.

In a medium saucepan place the 3/4 cup of sugar, water, orange peel, lemon peel, and cinnamon stick. Bring the ingredients to a boil and then simmer them for 5 minutes.

Add the honey and bring the mixture to a boil. Remove the pan from the heat and add the lemon juice. Stir the ingredients together and let the syrup cool. Remove the orange and lemon peels, and the cinnamon stick.

Spread the syrup over the cake. Sprinkle on the 1/4 cup of chopped walnuts and the ground cinnamon.

Source: Papadakis Taverna - San Pedro, California
California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9

Title: Baklava (Papadakis Taverna)
Categories: Greek, Desserts, California
Servings: 12

1 2/3 tb Cinnamon
3 c Coarsley chopped walnuts
1 lb Sweet butter; melted
1 lb Phyllo pastry sheets
40 Whole cloves

1 1/2 c Sugar
1 c Water
1 2" strip of orange peel
1 2" strip of lemon peel
1 Cinnamon stick
1/2 c Honey
1/2 Lemon; juiced

In a medium bowl place the cinnamon and walnuts, and mix them together.

Brush the bottom of a 14" x 20" baking dish with the butter. Place one pastry sheet in the dish and brush it with the butter. Repeat this process so that 6 pastry sheets line the bottom of the dish.

Sprinkle 1/3 of the nut mixture over the top of the pastry sheets. Repeat this process so that there are 3 layers of the nut mixture and 4 layers of 6 buttered pastry sheets, ending with 6 pastry sheets.

Cut the baklava into 40 diamond shaped pieces. Insert a whole clove in the top of each piece.

Preheat the oven to 350 F. Bake the baklava for 40 minutes, or until it is golden brown. In a medium saucepan place the sugar, water, orange peel, lemon peel, and cinnamon stick. Bring the ingredients to a boil and then simmer them for 5 minutes.

Add the honey and bring the mixture to a boil. Remove the pan from the heat and add the lemon juice. Stir the ingredients together and then let the syrup cool. Remove the orange and lemon peels, and the cinnamon stick.

Spread the cool syrup over the hot baklava. Cover the dish with a towel and let it sit for 1 hour before serving.

**Source: Papadakis Taverna - San Pedro, California
California Beach Recipe - by Joan & Carl Stromquist - ISBN: 0-9622807-3-9**

**Title: Baklava with Cream Filling (Muhallebili Baklava)
Categories: Turkish, Greek, Desserts
Servings: 24**

**1 lb Phyllo pastry sheets
3/4 lb Sweet butter; melted**

----FILLING ----

**3 c Milk
1/3 c Sugar
1/4 ts Salt
1/2 c Fine grain semolina**

SYRUP

**2 2/3 c Sugar
2 c Water
2 tb Lemon juice**

Preheat oven to 350 F after the filling has been prepared.

Divide the pastry into 2-equal parts. Lay 1 sheet on a well-buttered 11 x 16 inch baking pan. Brush surface generously with melted butter. Lay second sheet on top of first and butter. Repeat until half of the pastry sheets have been used.

Cover unused half of pastry sheets with a kitchen cloth to prevent drying.

Prepare the filling: Over medium heat bring milk, sugar and salt to a boil in a saucepan. Add farina by sprinkling in a little at a time, stirring constantly until the mixture thickens and the farina is well cooked.

Spread the hot farina mixture evenly over the entire surface of pastry sheets. Again build up the remaining half of the pastry sheets, buttering each surface generously, on top of farina. Pour the remaining butter over the top. Cut pastry sheets into 24 equal squares. Bake for 40 to 45 minutes or until light golden.

While the baklava is cooking prepare syrup: Place sugar, water, and lemon juice in a saucepan. Cook over medium heat, stirring constantly, until sugar is dissolved. Bring to a boil and simmer for 15 minutes without stirring. Remove from heat and allow to cool.

Remove baklava from oven. Pour off all excess butter by tilting the pan. Cook for 10 minutes. Brush surface lightly with some of the drained butter to give luster to the pastry. Pour syrup over a little at a time, until all is absorbed. Allow to cool for several hours.

From: "The Art of Turkish Cooking" by Neset Eren.

**Title: Baklava with Cooky Filling
Categories: Greek, Desserts**

Servings: 36

-COOKY FILLING -

**2 c Sweet butter
1 c Confectioners' sugar
1 Egg yolk
1 ts Vanilla or almond extract
4 c Flour**

SYRUP

**4 c Granulated sugar
4 c Water
1 c Honey
Lemon juice to taste**

----BAKLAVA ----

**1 lb Toasted blanched almonds *
1 / 2 c Zwieback crumbs
4 tb Granulated sugar
1 ds Cinnamon
1 lb Phyllo pastry sheets
1 1 / 2 c Sweet butter; melted**

***Note: Either toasted blanched almonds, or walnut meats, or half of each, (finely chopped) may be used.**

Cooky Filling: Cream the 2 cups sweet butter until light. Gradually beat in the confectioners' sugar and continue to beat until mixture is fluffy.

Add egg yolk and vanilla or almond extract and blend well.

Work in about

4 cups flour to make a medium-soft dough. Set aside and make syrup.

Syrup: In a saucepan combine the granulated sugar and water. Bring to a

boil and boil for 15 minutes or until syrup is slightly thick. Add honey

and again bring to the boiling point. Add lemon juice to taste, and cool.

Mix almonds or walnuts, or a combination of the two, with
zwieback, 4 T
granulated sugar, and cinnamon. Brush 2 sheets of phyllo
pastry evenly
with butter and sprinkle with nut mixture. Place 2 buttered
sheets of
phyllo on top and sprinkle with nut mixture. Shape a portion of
cookie
filling into a 1 1/2-inch-thick roll and place the roll along one
edge of
the pastry sheets. Roll up loosely, cut into 2-inch slices, and
place
slices in a buttered cake pan. (Continue in this method until all
phyllo
pastry and/or cookie filling is used.) Brush tops of each slice
with
butter and bake in a 350 F oven for 20 minutes or until lightly
browned.
Dip the hot baklava slices, one at a time, in cold syrup, allowing
each
piece to remain in the syrup for a few minutes.

From: "The Art of Greek Cookery"
by The Women of St. Paul's Greek Orthodox
Church
(Hempstead, NY)

Title: Rolled Baklava
Categories: Greek, Desserts
Servings: 48

2 lb Phyllo pastry sheets
1 1/2 lb Sweet butter; melted
4 lb Walnut meats; finely chopped
4 tb Granulated sugar
3 ts Cinnamon
1/2 ts Ground cloves

SYRUP

4 c Granulated sugar

2 c Water

1/2 Lemon (juice only)

1 sm Jar of honey

Take 4 sheets of phyllo pastry, keeping remaining sheets covered with a damp towel. Brush each sheet with melted butter and lay one on top of the other. Mix walnuts, sugar, cinnamon, and cloves. Sprinkle some of the mixture evenly over the top buttered sheet and set the pieces upright in a large buttered pan. Continue, using another 4 buttered sheets of phyllo, sprinkling with nut mixture, rolling and cutting, until the pan or pans are full and all the nut mixture is used. Spoon about 1 teaspoon melted butter over each piece, and continue baking for 20 to 30 minutes or until golden brown. Remove from oven and dip each piece into cold thick syrup. Drain on cake racks.

Syrup: In a saucepan, combine granulated sugar, water, lemon juice and small jar of honey. Bring to a boil and simmer for 30 minutes, removing scum as it rises to the surface.

From: "The Art of Greek Cookery"
by The Women of St. Paul's Greek Orthodox
Church
(Hempstead, NY)

Title: Glace' Baklava

Categories: Greek, Desserts

Servings: 48

- 4 Eggs**
- 1 lb Blanched almonds**
 - finely chopped**
- 1 1/2 c Sugar**
- 1 lb Mixed glaze' fruit**
 - finely chopped**
- 1 1/2 c Sugar**
- 1 lb Phyllo pastry sheets**
- 1 lb Sweet butter; melted**

SYRUP

- 3 c Sugar**
- 2 c Water**
- 1/2 Lemon (juice only)**
- 1 Cinnamon stick**

Beat eggs until light. Fold in almonds and sugar. Stir in fruit. Take 2 sheets of phyllo pastry, brush one at a time with melted butter, and place one on top of the other. On the long end of the phyllo sheet spread some of the fruit-and-nut mixture in a band about 1 inch wide. Fold in ends and roll like a jelly-roll. Place on a cooky sheet and brush top with melted butter. Make diagonal slits along the whole length, about 1 1/2 inches apart, being careful not to cut all the way through. Continue making the rolls until all nut mixture is used. Bake in a preheated 350 F oven for about 1 1/2 hours or until golden brown. Cut pieces through entire roll. Dip hot baklava pieces in cold syrup and drain well.

Syrup: In a saucepan, combine all ingredients. Bring to a boil and boil for 20 minutes. Cool.

From: "The Art of Greek Cookery"

Church

**by The Women of St. Paul's Greek Orthodox
(Hempstead, NY)**

**Title: Pepper Salad Appetizer (Piperies Orektiko)
Categories: Greek, Appetizers, Vegetables, Salads
Servings: 12**

**6 lg Sweet peppers
1 md Onion; coarsely chopped
Salt & pepper to taste
3 tb Vinegar (more if desired)
1/4 c Olive oil
Oregano**

Bake peppers in hot 450 F oven for about 20 minutes or until wilted and soft. Remove seeds and outer skin. Cut in pieces and place in a bowl.

Add onion, salt and pepper. Mix vinegar and olive oil and add to peppers.

Sprinkle with oregano. Adjust seasonings if necessary. Serve as appetizer.

Church

**From: The Art of Greek Cookery
by the Women of St. Paul's Greek Orthodox
(Hempstead, NY)**

**Title: Kythonopasto (Quince Paste)
Categories: Greek, Desserts**

Servings: 1

**Pulp from Kythoni Pelves
Granulated sugar
Water
Bay leaves
Caster sugar**

Cooking time: 45-50 minutes.

Puree quince pulp by pressing through a sieve or process in food processor. Measure puree into a heavy pan. Add 1 cup sugar and 1/4 cup water to each cup of pulp. Set over medium heat and stir occasionally until sugar is dissolved.

Bring to the boil, then boil steadily for 40-45 minutes, stirring occasionally so that paste cooks evenly. As paste is thick, it has a tendency to scorch, so watch carefully.

When cooked, paste comes away from sides of pan and is dark red in colour. Spread while hot into an oiled slab cake pan so that it is 2 cm (3/4 inch) thick. Leave in pan at room temperature for 2-3 days, lightly covered with muslin.

When dry and firm, cut into small diamond shapes with an oiled knife.

Lift out and place in a container with bay leaves between layers. Seal tightly.

When serving, dip tops lightly into caster sugar to give pieces a fine coating. Kythonopasto keeps indefinitely stored at room temperature and is traditionally served in place of a spoon sweet, accompanied with a glass of iced water.

From: "The Complete Middle East Cookbook" by Tess Mallos
ISBN: 1 86302 069 1

Title: Preserved Grape Vine Leaves
Categories: Greek, How-to
Servings: 1

Instructions:

Pick leaves early in their growth period, that is early summer, when vines are covered with leaves.

Choose leaves of medium light colour, not too young. If vines have been sprayed, wait for period recommended for general harvest by manufacturer of insecticide. When picking, snip off stem.

Wash leaves and stack in piles of 24, with shiny side up. Roll up and tie with string.

Bring 8 cups water to the boil with 1 / 4 cup salt. Drop in 4 bundles at a time, return to the boil and blanch for 3 minutes, turning rolls over to blanch evenly. Lift out and drain. Repeat with remaining rolls.

Make a brine with 8 cups water boiled with 1 cup rock salt.

Pack rolls upright into warm sterilized jars and pour hot brine over leaves. Remove air bubbles and seal when cold.

Brine is sufficient for 20 bundles of leaves. Increase accordingly to quantity being preserved.

From: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Kotopoulo me Bamyas - Chicken with Okra
Categories: Greek, Poultry, Main dish
Servings: 8

1 Chicken, about 2 kg (4 lb)
1/4 c Butter
1 Onion; finely chopped
1 Garlic clove; crushed
1 1/2 c Chopped, peeled tomatoes
1 tb Tomato paste
1/2 c Dry white wine
1 Bay leaf
2 Pieces of cinnamon bark
1/2 ts Sugar
Salt
Freshly ground black pepper
500 g Prepared okra (500 g = 1 lb)

Cooking time: 1 1/2 hours

Cut chicken into serving pieces and wipe dry. Melt butter in a heavy saucepan or flameproof casserole and brown chicken on all sides. Remove to a plate when browned.

Reduce heat and add onion and garlic. Fry gently until onion is transparent and add remaining ingredients. Cover and simmer for 20 minutes.

Meanwhile, lightly brown prepared okra in a little butter and set aside.

Return chicken to pan, cover and simmer gently for 45 minutes or until chicken is tender, adding browned okra 20 minutes before end of cooking time. Remove bay leaf and cinnamon bark and serve with boiled or mashed potatoes.

From: "The Complete Middle East Cookbook" by Tess Mallos

ISBN: 1 86302 069 1

Title: Patates Yiahni

Categories: Greek, Vegetables, Side dish

Servings: 5

5 md Potatoes
4 tb Olive or vegetable oil
1 md Onion; chopped
2 Garlic cloves; minced
1 1/2 c Italian plum tomatoes
- drained
3 tb Chopped fresh parsley
Salt & freshly ground pepper

Peel, quarter, and soak the potatoes in cold water. Meanwhile, heat the oil in a medium frying pan and saut, the onions until soft. Add the garlic and stir in the drained potatoes, stirring over medium heat for a minute. Pour in the tomatoes and enough water to almost cover the

potatoes, if necessary. Sprinkle in the parsley and season with salt and pepper. Cover and simmer over low heat for 30 minutes, then uncover and continue cooking over low heat until the potatoes are tender and the sauce is thick, turning the potatoes occasionally. Transfer to a warm bowl and serve warm.

Source: The Food of Greece - by Vilma Liacouras
Chantiles
ISBN: 0-517-27888-X

Title: Potatosalata me Throumbes
Categories: Greek, Salads, Vegetables
Servings: 4

2 lb Waxy potatoes
Salt
Freshly ground black pepper
1 / 2 lb Onions; thinly sliced
2 tb Wine vinegar
1 / 2 ts Sugar
5 oz Kalamatas or thro£mbes
- (Greek olives)
2 tb Capers
1 / 2 c Fruity olive oil
1 Garlic clove; minced
1 / 2 c Minced flat leaf Parsley

Boil the potatoes in their skins in plenty of salted water until just tender. Run cold water over them, drain, and leave to cool enough to handle.

To pickle the onions, place them in a saucepan just large enough to hold them, pour in the vinegar, and 2 tablespoons water, and sprinkle with sugar. Cover the pan and bring to a boil. Stir, cover, and simmer for 1 minute. Shake the covered saucepan and put it aside for 5 minutes to steam.

Peel and slice or roughly dice the potatoes and place in a serving bowl.

Sprinkle with the olives, capers, and pickled onions - with their juice - olive oil, garlic and parsley. Toss and season to taste.

Source: Recipe from a Greek Island - by Susie Jacobs
ISBN: 0-671-74531-X

Title: Spanakopita 2

Categories: Greek, Appetizers, Main dish

Servings: 8

1 kg Spinach
1 md Onion; chopped
1/2 c Olive oil
1 c Chopped spring onions
1/2 c Chopped parsley
2 ts Chopped dill or fennel
1/4 ts Ground nutmeg
1/2 c Mizithra or cottage cheese
1 c Well-crumbled feta cheese
1/4 c Finely grated kefalotiri *
4 Eggs; lightly beaten
Salt
Freshly ground black pepper
10 Fillo pastry sheets
Butter; melted

***Note: if Kefalotyri cheese is unavailable, Parmesan may be substituted.**

Serves: 8 as a first course, 4 as a light meal

Oven temperature: 180 C (350 F)

Cooking time: 1 hour

Wash spinach well and cut off any coarse stems. Chop coarsely and put into

a pan. Cover and place over heat for 7-8 minutes shaking pan now and then

or turning spinach so that juices can run out freely. Drain well in

colander, pressing occasionally with a spoon.

Gently fry onion in oil for 10 minutes, add spring onion and fry for

further 5 minutes.

Place drained spinach with onion-oil mixture in a large mixing bowl. Add

herbs, nutmeg, cheeses and eggs and stir to combine. Check saltiness of

mixture, then add salt and pepper to taste.

Brush a 25 x 30 cm (10 x 12 inch) baking dish with butter and line with a

sheet of fillo pastry. Top with another 4 sheets, brushing each with

butter. Spread filling in pastry-lined dish and top with remaining fillo,

brushing each sheet again with butter. Trim edges if necessary and tuck

pastry in on all sides. Brush top lightly with butter and score top layer

of pastry lightly into squares using a sharp knife or razor blade.

Sprinkle a little cold water on top to prevent pastry curling up.

Bake in a moderate oven for 45 minutes until puffed and golden brown.

Remove from oven and leave for 5 minutes before cutting into portions for

serving.

Source: "The Complete Middle East Cookbook" by Tess Mallos.

ISBN: 1 86302 069 1

Title: Moussaka 2

Categories: Greek, Main dish

Servings: 8

2 md Eggplants
Salt
Olive oil
1 1/2 lb Ground beef
2 Onions; chopped
3/4 c Butter
1 ts Tomato paste
1 ds Cinnamon
1/4 c Bread crumbs
4 sm Zucchini; sliced
4 md Potatoes; thinly sliced
Grated cheese
1/2 c Water
3/4 c Flour
1 qt Hot milk
6 Eggs

Slice eggplant, sprinkle with salt, and place in colander. Weigh down with

a heavy plate for several hours. Then brush slices with oil and broil

lightly. Saute beef and onions in 5 tablespoons of the butter. Add tomato

paste, cinnamon, and salt and pepper and mix well. Sprinkle bottom of a

greased baking dish with bread crumbs. Alternate layers of vegetables and

meat in the pan, sprinkling each layer with cheese. The top layer should

be vegetables. Dot with 1 tablespoon butter and add water. Set aside.

In saucepan melt remaining 6 tablespoons butter. Add flour and cook, stirring, until well mixed and beginning to brown. Slowly stir in milk and cook, stirring, until sauce is smooth and thickened. Beat eggs with a little of the hot sauce, then stir in to remaining sauce. Remove from heat. Pour a little more than half the sauce over the vegetables and bake in a 350 F oven for 10 minutes. Meanwhile return remaining sauce to low heat and cook, stirring, until thick. Pour into casserole and sprinkle with cheese. Continue to bake for 45 to 50 minutes longer or until golden brown.

From: "The Art of Greek Cookery"
by The Women of St. Paul's Greek Orthodox
Church
(Hempstead, NY)

Title: Lamb Chops Bandit Style - Arni Palikari
Categories: Greek, Meats, Main dish
Servings: 6

6 Lamb chops or steaks, thick
1/4 c Butter or margarine
1 lg Onion; thinly sliced
3 Garlic cloves;
- finely chopped
4 md Tomatoes
12 sl Potato (thick)
Oregano or rigani

- (fresh or dried)
Salt and pepper
125 g Kasseri or Gruyere cheese;
- sliced
Heavy duty foil

Cooking time: 1-1 / 4 hours
(325øF)

Oven temperature: 160øC

Grease a frying pan lightly and fry lamb until browned on each side but not cooked through. Place each chop or steak on a 25 cm (10 inch) square of foil. Drain fat from pan, add butter, onion and garlic and fry gently until onion is soft. Spoon on top of meat, leaving butter in pan. Place 2 slices of potato on each chop and brush with this butter. Top with slices of tomato and sprinkle lightly with oregano or rigani. Finish with a slice of cheese on top and fold foil, using double folds to seal each package completely. Place close together in a baking dish (cheese uppermost) and cook in a moderately slow oven for 1-1 / 2 hours.

Serve packages directly onto individual plates. Accompany with a tossed green salad.

Source: The Greek Cookbook - by Tess Mallos
ISBN: 1 86302 015 2

Title: Loukoumathes
Categories: Greek, Desserts, Breads
Servings: 50

**30 g Compressed yeast; -=OR=-
1 pk -Active dry yeast
1 c Milk; lukewarm
1 tb Caster sugar
1 Egg; beaten
1/4 c Butter; melted
2 c Plain flour
1/2 ts Salt
Honey; warm
Ground cinnamon**

Dissolve yeast in 2 tablespoons of the lukewarm milk. Add remaining milk, sugar, egg and lukewarm melted butter.

Sift flour and salt into a warm bowl and gradually stir in mixed liquids.

Beat until smooth and continue beating for 1 minute. Cover with folded

cloth and leave in a warm place for 1-1/2 hours until batter doubles in bulk with bubbles on the surface.

Stir well then drop teaspoonfuls into deep, hot oil (190øC or 375øF) - do

4 to 5 at a time. Turn puffs to brown evenly and remove with a slotted spoon (each puff takes about a minute to cook.)

Drain on absorbent paper and pile on to a plate. Drizzle each layer with

warm honey and sprinkle with cinnamon. Serve hot.

**Source: The Greek Cookbook - by Tess Mallos
ISBN: 1 86302 015 2**

Title: Skorthalia - Garlic Sauce (Greek Cookbook)

Categories: Greek, Sauces

Servings: 4

6 Garlic cloves
Salt
1 c Mashed potatoes
2 sl Stale white bread
1 / 3 c Olive oil
1 tb Lemon juice
1 tb Vinegar
Pepper

Pound garlic with 1 / 2 teaspoon salt in a mortar until smooth. Add mashed potatoes and continue to pound and stir with pestle. Soak bread (crusts removed) in cold water and squeeze dry. Add to potatoes and garlic, pounding and stirring until smooth. Gradually add olive oil, lemon juice and vinegar, stirring vigorously. When smooth and light, add salt and pepper to taste. Chill in a covered bowl before using.

Serve with hot or cold seafoods and fried or boiled vegetables.

Variation: Replace bread with 1 / 2 cup ground almonds or walnuts, or use 1-1 / 2 cups ground almonds or walnuts instead of the potatoes and bread.

Blender method: Put all ingredients in jar of blender and blend at moderate speed until ingredients are pulverised. Increase speed for a few seconds until light and smooth. Do not blend too long at high speed for the mixture heats and the oil separates.

Source: The Greek Cookbook - by Tess Mallos
ISBN: 1 86302 015 2

Title: Fish Piquant - Psari Savore
Categories: Greek, Seafood
Servings: 6

1 kg Fish
Seasoned flour
Oil for frying
3 Garlic cloves;
- finely chopped
1 ts Rosemary spikes
1/4 c Wine vinegar
1/4 c Dry white wine or water

Any fish suitable for frying may be used - whole fish, fish slices or fillets.

Coat with seasoned flour and shallow fry in hot oil until golden brown and cooked through. Drain on absorbant paper and place in a single layer in a serving dish. Keep hot.

Drain most of the oil from the pan, leaving about 1 tablespoon. Return pan to heat and add garlic, rosemary and 3 teaspoons of the seasoned flour. Stir well and cook until flour is golden.

Remove pan from heat and pour in vinegar, swirling pan contents to blend.

Return to heat and stir in wine or water. Let sauce bubble gently for 1 minute. Pour over sauce and serve immediately.

Note: Trout is exceptionally good prepared this way.

Source: The Greek Cookbook - by Tess Mallos
ISBN: 1 86302 015 2

Title: Astakos Plaki - Lobster in Tomato Sauce with Saffron Rice

Categories: Greek, Seafood

Servings: 4

- 2 Lobsters (about 2 lbs each)**
 - (live, or recently dead)**
- 25 Saffron strands; soaked in**
- 1/4 c Hot water**
- 1/4 lb Finely chopped onion**
- 1 md Leek; washed, finely chopped**
- 8 tb Fruity olive oil**
- 3 Garlic cloves; minced**
- 1 lb Tomatoes; skinned, seeded,**
 - and finely chopped**
- 4 Sun-dried tomatoes (in oil)**
 - pounded to a paste**
- 1/2 c White wine**
- 1/4 c Orange juice**
- 1 Bay leaf**
- Salt & freshly ground Pepper**
- 1/2 c Finely chopped Fennel**
- 1/2 c Minced flat-leaf Parsley**
- 1 tb Finely chopped fresh Mint**
- Saffron Rice**

If you have live lobsters, plunge them into a pan of boiling water for 1 minute, then into cold water.

To prepare the lobsters, break off the claws and crack them open with a hammer. Cut off the tip of the tail (with the fins), then sever the tail where it joins the head with a heavy knife. Cut the tail into rings, slicing through the shell between the ribs.

Split the head open lengthwise with a hard blow of a knife and remove and discard the gritty stomach sac. Pour the coral (if any) and the green matter (which is the liver) into a strainer over a bowl, sprinkle with salt and pepper, and reserve. Put the saffron to soak.

In a heavy-bottomed pan big-enough to contain the lobsters and sauce, fry the onion and leek gently in 3 tablespoons olive oil until translucent.

Add the garlic, chopped tomatoes, tomato paste and liquid, wine, orange juice, and bay leaf. Season and simmer, covered, for 15 minutes.

Add the fennel, parsley, mint, saffron and liquid, and lobster tail pieces and claws with their shells (but not the legs) and simmer, covered, for 10 minutes.

In the meantime push the coral and liver of the lobster through the strainer and beat the purée with the remaining olive oil. When the lobster has simmered for 10 minutes, ladle out about 1 cup sauce and beat this into the coral purée. Pour this back into the pot, stir, and simmer for another 10 minutes. Serve with saffron rice.

Source: Recipes from a Greek Island - by Susie
Jacobs
ISBN: 0-671-74531-X

Title: Saffron Rice

Categories: Greek, Side dish

Servings: 4

25 Saffron strands
1/2 c Hot water
2 tb Olive oil
1 1/2 c Basmati rice
2 1/2 c Water
Salt; to taste

Soak the saffron in the hot water for 10-15 minutes. Put the rice in a strainer and rinse under hot water until it runs clear. Then rinse again under cold water and leave to drain.

Heat the oil in a saucepan and add the rice. Saut, until it becomes translucent. Add the remaining amount of water and salt, bring to a boil, and add the saffron infusion. Stir, cover tightly, and leave to simmer on a very low heat (preferably on a heat diffuser) - for about 20 minutes, until craters form on the surface.

Stretch a piece of cheesecloth or a dish towel over the top, cover tightly with a lid, and leave in a warm corner to rest for 10-15 minutes. The cloth will absorb the steam from the rice and allow the grains to separate.

Source: Recipe from a Greek Island - by Susie Jacobs
ISBN: 0-671-74531-X

Title: Anginares Tarama

Categories: Greek, Appetizers, Vegetables

Servings: 6

6 sm Fresh globe artichokes

1 1/2 oz Tarama; rinsed if necessary

-OR-

2 oz -Smoked skinned cod's roe

1 tb Finely grated onion pulp

2 lg Juicy lemons

1 c Fruity olive oil

Salt

Freshly ground white pepper

To clean the artichokes, cut off the stems flush with the base, remove any

tough, unsightly outer leaves and cut off the top one-third of the flower

bud itself. Force the leaves open a little, and rinse under cold water,

with a squeeze of lemon or a splash of vinegar to prevent discoloring.

Place the artichokes upside-down in a pot large enough to hold them all in

one layer and pour in boiling water to come one-fourth of the way up the

sides. Salt and simmer 15-40 minutes, depending on their age and size -

until the heart is just tender when pricked with a fork. Drain and

refresh them under cold water; drain again and chill.

Beat the tarama or smoked cod's roe with the grated onion.

You can do

this easily in a food processor. Finely grate the zest of one lemon and

beat in, with 2 teaspoons boiling water.

Squeeze the juice of both lemons. Alternately dribble in lemon juice and

olive oil, beating each addition in before adding the next, as though

making mayonnaise - it may not need all the oil. If you are doing this by

hand, it take perseverance and elbow grease to make it nice and light.

Taste and season with pepper. Open the artichokes and remove the inner,

soft leaves and then the hairy choke. Spoon tarama into the cup of leaves.

Source: Recipes from a Greek Island - by Susie Jacobs
ISBN: 0-671-74531-X

Title: Youvarlakia

Categories: Greek, Meats, Main dish

Servings: 5

1 lb Ground beef
1/4 lb Onion; grated
3 Garlic cloves; minced
1/2 ts Oregano
1 ts Ground cumin
2 tb Minced flat-leaf parsley
2 tb Finely chopped fresh mint
1/2 ts Freshly ground black pepper
Salt
1/4 c Long-grain rice
4 tb Fruity olive oil

--TOMATO SAUCE --

1/2 c Finely chopped onion
4 Garlic cloves; minced
1/2 ts Freshly ground cinnamon
1 tb Honey
2 lb Tomatoes
- skinned, seeded & chopped
Salt
Freshly ground black pepper
1/2 c Herb broth or water
2 tb Minced flat-leaf parsley

2 tb Finely chopped fresh mint
1 tb Finely chopped fresh basil

Put the ground beef in a bowl with the grated onion, garlic, oregano, cumin, parsley, mint, and pepper and add salt. Rinse, then scald the rice by pouring boiling water over it in a bowl; leave to soak for 5 minutes. Drain, add to the beef, and mix all ingredients well. Form small sausage shapes.

Heat the oil in a large skillet and fry the meatballs until brown. Drain on paper towels.

Add the onion to the oil remaining in the pan and fry over gentle heat until translucent. Add the garlic, cinnamon, and honey and stir until caramelized. Add the chopped tomato, season, and simmer for about 15 minutes until the sauce has reduced. Add the herb broth and the meatballs. Cover and simmer for 30 minutes. Sprinkle with chopped herbs.

Source: Recipes from a Greek Island - by Susie Jacobs
ISBN: 0-671-74531-X

Title: Christopsomo tis Kirias Zinis
Categories: Greek, Breads, Holiday
Servings: 3

4 1 / 2 c Semolina flour
2 1 / 4 c Sugar

3 tb Freshly ground cinnamon
1 tb Freshly ground anise
1 tb Freshly ground coriander
2 ts Freshly ground cloves
3 Oranges
6 Tangerines
2 1/2 c Dried currants
1 c Golden raisins
1 c Olive oil, mild

-STARTER DOUGH -

4 pk Active dry yeast
1/2 ts Sugar
1/2 c -Hot water, just above body
- temperature
4 c All-purpose flour;
-plus extra for kneading

Make the flavoring addition first. Combine the semolina flour, sugar, cinnamon, anise, coriander, and cloves in a bowl and add the finely grated zests of the oranges and tangerines. Squeeze some of the oranges and tangerines. Squeeze some of the oranges and tangerines to obtain 1 1/4 cups juice. Use half this juice to soak the currants and raisins for a minimum of 1 hour, preferably overnight. Put the remaining juice in a pan with the olive oil. Heat until almost boiling. Pour this into a bowl with the semolina and spice mixture and stir. Cover and leave overnight until needed.

Next day, combine the dried yeast with the sugar and hot water in a cup.

Put the flour in a bowl, making a well in the center. Pour in the yeast mixture. Squeeze 2/3 cup more orange and tangerine juice, warm it, and add. Work to a smooth dough, adding more water and warm juice if

necessary. Put the dough into an oiled bowl, cover with a cloth, and leave to rise in a warm place until almost doubled in size - about an hour.

Punch down the dough in a bowl. Combine the drained currants and raisins with the semolina and spice mixture and, working with your hands, combine with the dough. Turn the dough onto a floured surface and knead for 10 minutes, adding more flour if the dough is sticky.

Divide the dough into three equal pieces. Oil 3 loaf pans, each 1-1/2 quart capacity. Shape each piece to fit the length of the pan and fit them in, so the corners are well filled. Cover with a cloth and leave to rise in a warm place until almost double in size - another hour.

Bake in an oven preheated to 350 F for 1 hour and 10 minutes or more; the loaves should be rich brown color and make a hollow sound when the unmolded bread is thumped on the bottom. Leave on a rack to cool. The bread will keep for at least 3 weeks.

Source: Recipes from a Greek Island - by Susie Jacobs
ISBN:0-671-74531-X

Title: Portokalia se Mavrothaphne - Oranges in Red Wine
Categories: Desserts, Fruits
Servings: 6

8 Navel oranges

1/2 c Sugar
2 c Mavrodaphne or ruby port
1 Bay leaf
1 Clove

Remove the zest of 2 of the oranges with a zester; or pare finely with a vegetable peeler, then cut into thin julienne strips. With a very sharp knife, cut off the skin and outside membrane of all the oranges, so you have glistening orbs of golden pulp. Do this over a bowl to catch escaping juice.

Choose a saucepan just large enough to hold 2 oranges at a time and put in the escaped juice and remaining ingredients. Dissolve the sugar and simmer for 5 minutes. Submerge 2 oranges at a time and cook just long enough to warm them through - about 3 minutes. If they bob up, place a small weighted saucer over them. Remove to a serving dish and continue with the next pair until finished.

Boil to reduce the syrup by half, drizzle over the oranges, and chill.

Source: Recipes from a Greek Island - by Susie Jacobs
ISBN: 0-671-74531-X

Title: Rizogalo
Categories: Greek, Desserts
Servings: 8

8 c Milk

- 1 c Raw long-grain white rice
- 3/4 c Sugar
- 4 tb Butter
- 1 Cinnamon stick (optional)
- 3 Whole cloves (optional)
- 2 Eggs; slightly beaten
- Ground cinnamon

In a heavy saucepan, pour the cold milk, add the rice, sugar, and butter.

Cook over low heat, stirring frequently until thickened, approximately 1

hour, adding cinnamon stick and cloves for flavor, if desired, during the

last 15 minutes. Remove from the heat, stir in the vanilla, then remove

the cinnamon stick and cloves.

Beat the eggs lightly in a small bowl, then add one tablespoon of the hot

pudding mixture into the eggs, stir and repeat twice. Add the egg mixture

into the pudding, stirring until mixed thoroughly. Pour into individual

serving dishes or large serving bowl. Sprinkle with ground cinnamon,

cool, then chill. Serve cold.

Note: You may use a vanilla bean, added with the rice, instead of stick

cinnamon and cloves, or substitute grated lemon rind for all the other

flavorings.

Source: The Food of Greece - by Vilma Liacouras
Chantiles

Avenel Books, New York

Title: Fava Bean Salata
Categories: Greek, Salads
Servings: 8

1 1/2 c Dried fava or butter beans
 - soaked overnight in water
1/3 c Extra-virgin olive oil
1/2 c Finely chopped onion
 1 Garlic clove; finely chopped
1/3 c Finely diced carrot
1/3 c Finely diced celery
 1 Bay leaf; crumbled
2 1/2 tb Minced flat-leaf parsley
 Sea salt; to taste
1/2 ts Freshly ground black pepper
 - or more to taste
1 sl Coarse-grain bread
 - crust removed, and soaked
 - for 5 minutes in:
2 tb Olive oil; (or to taste)
1 sm Lemon; juiced

--FOR SERVING --
1 pn Paprika; (generous)

Drain the dried beans and place in large saucepan with cold water to cover. Bring slowly to a boil, drain and rinse. Rinse out the saucepan, return the beans to the pan, and add cold water to cover by 3 inches. Bring to a boil, reduce the heat, cover, and gently simmer 25 to 30 minutes, or until soft. Drain, reserving 1/2 cup of the cooking liquid. Remove the fava bean skins with your fingers and spread the beans between layers of paper towels to dry.

Heat 2 tablespoons of the olive oil in a large heavy skillet. Saute the onion, garlic, carrot, celery, and bay leaf over medium-low heat for 15 to

20 minutes, or until dark golden brown, stirring occasionally with a wooden spoon.

Transfer to a food processor or blender container and add the bread. With the machine running, add about two thirds of the lemon juice and 2 tablespoons of the olive oil, and process until thick and smooth. Add a few tablespoons of water if the puree seems too thick, and add salt, pepper, olive oil, and /or lemon juice to taste.

Serve on a platter, sprinkled with the remaining parsley and olive oil and the paprika.

To make the traditional way: Pound the cooked vegetable-bean mixture and the bread in a large wooden mortar for 5 minutes. Slowly add about two thirds of the lemon juice and then 3 / 4 cup of the olive oil. Pound for 5 minutes longer, and add salt, pepper, olive oil, and /or lemon juice to taste.

Source: Flavors of Greece - by Rosemary Barron
ISBN: 0-688-07087-6

Title: Lamb Phyllo Rolls
Categories: Greek, Main dish
Servings: 6

5 tb Extra-virgin olive oil
6 tb Unsalted butter
1 lg Onion; finely chopped

1 1/2 lb Lean lamb, finely ground
 2 lg Ripe tomatoes; peeled, diced
 1 ts Honey
 1 tb Ground cinnamon; OR to taste
 1/2 ts Sea salt; OR to taste
 1 ts Cracked black pepper
 -OR to taste
 1/4 c Reduced meat stock
 -OR- robust red wine
 1 1/2 tb Minced flat-leaf parsley
 1 c Fresh myzithra cheese; -OR-
 - Small curd cottage cheese,
 - drained
 1/3 c Finely grated feta cheese
 1/2 ts Grated nutmeg
 2 Egg yolks
 12 Phyllo sheets

--FOR SERVING --
 Confectioners' sugar
 Ground cinnamon

Warm 1 tablespoon of the olive oil and 2 tablespoons of the butter in a heavy skillet and saute the onion over low heat until soft, about 8 minutes. Raise the heat, add the meat, and saute until lightly browned, breaking up any lumps with a wooden spoon. Add the tomatoes, honey, cinnamon, salt, and 1/2 teaspoon of the pepper, and bring to a boil. Add the stock, bring to a boil, reduce the heat, and simmer 15 minutes, or until almost all the liquid has evaporated. Add the marjoram and parsley, and additional cinnamon, marjoram, and pepper to taste (do not add salt at this point, as the cheese mixture is salty). Set aside, or refrigerate for up to 24 hours.

Heat the oven to 375 F. Press the myzithra through a sieve or food mill

into a bowl. Combine with the feta, nutmeg, remaining 1 / 2
teaspoon
pepper, and the egg yolks, cover and set aside.

Combine the remaining 4 tablespoons butter and olive oil in a
small
saucepan, and melt over very low heat. Brush a heavy baking
sheet with
some of this mixture. Lay the phyllo sheets one on top of
another and cut
in half crosswise to make 24 sheets. Tightly rewrap half the
sheets and
refrigerate. Lay 1 of the remaining sheets on a clean work
surface, with
a long end facing you, and brush lightly with the butter
mixture. Lay a
second sheet on top, brush it with the mixture, and repeat with
a third
sheet. Lay another sheet on top. Divide the meat mixture into
6
portions. Place 1 portion on the bottom third of the top phyllo
sheet and
shape it into a sausage about 8 inches long. Divide the cheese
filling
into 6 portions and spread 1 portion over the meat. Fold the
bottom edges
of the phyllo layers over the filling, then fold over the 2 sides,
and
roll up to make a firm neat parcel. Place on the baking sheet
and repeat
with the remaining phyllo and filling.

Brush the rolls with the remaining butter mixture and bake 25
to 30
minutes, or until deep golden brown. Drain on paper towels,
sprinkle
liberally with the confectioners' sugar and cinnamon, and
transfer to a
warm platter.

Source: Flavors of Greece - by Rosemary Barron
ISBN: 0-688-07087-6

Title: Rigani Cheese Bread
Categories: Breads, Greek
Servings: 12

1 tb Active dry yeast
1 c -Tepid (110 F) water
3 tb Olive oil
1/2 ts Fine-grain sea salt
3 c Whole wheat flour, or more
2 tb Dried rigani; crumbled
1/2 tb Dried mint; finely crumbled
3/4 lb Feta cheese; well drained,
- finely crumbled
1 Egg yolk; beaten with:
2 tb -Warm water

Sprinkle the yeast over the water and set aside in a warm place until foamy, about 10 minutes. Whisk in 2 tablespoons of the olive oil and the salt.

Sift the flour into a large mixing bowl, make a well in the center, and pour in the yeast mixture. Knead 10 minutes, adding additional flour if necessary to make a firm elastic dough. Transfer to a lightly oiled bowl, tightly cover with plastic wrap, and set aside for 2 hours in a warm draft-free spot.

Knead in the rigani, mint, and feta until evenly distributed throughout the dough. Lightly oil a heavy baking sheet and place the dough in the center. Form into a round loaf and flatten to a thickness of 2 inches.

Cover with a clean kitchen towel and set aside for 1 hour in a warm draft-free spot. The dough will rise only slightly.

Heat the oven to 350 F.

With a sharp thin blade, slash the top of the loaf diagonally in 2 or 3 parallel lines, brush with the remaining olive oil, and bake 25 minutes.

Brush with the beaten egg yolk and bake 15 minutes longer, or until the bread is deep golden brown and sounds hollow when tapped on the bottom.

Source: Flavors of Greece - by Rosemary Barron
ISBN: 0-688-07087-6

Title: Kos Lemon Pie

Categories: Greek, Pies, Desserts

Servings: 12

PASTRY

1 c Unbleached all-purpose flour

1/4 c Confectioners' sugar

1/2 tb Finely grated lemon peel

1 pn Salt

8 tb Unsalted butter

- cut into small pieces

2 Egg yolks

1 ts Vanilla extract

----FILLING ----

8 tb Unsalted butter

- at room temperature

1/3 c Honey

5 Egg yolks

1 1/2 c Ground blanched almonds

2 Lemons; juiced
1/4 c Heavy cream
1/2 c Superfine sugar
1/2 c -Water
1 Lemon; juiced

--FOR SERVING --

Confectioners' sugar; sifted

To make the pastry, sift the flour and confectioners' sugar into a large cold bowl, stir in the grated lemon zest and salt, and add the butter.

Quickly and lightly rub the mixture together with your fingers until it resembles coarse meal. Beat the egg yolks and vanilla together and stir into the flour mixture. Pull the dough together into a ball with your fingers, adding cold water only if necessary to make a soft dough.

Tightly cover with plastic wrap and refrigerate for 30 minutes.

Set a rack in the center of the oven and heat the oven to 375 F.

Lightly flour a work surface and roll out the pastry to fit a 9- to 10-inch tart pan with a removable bottom. To transfer the pastry, wrap it

around the rolling pin, lift above the pan, and unroll over the rim. With

your thumb and knuckle, gently press the pastry into the pan, then roll

the rolling pin over the rim to trim the edges. Line with aluminum foil

and bake 6 to 8 minutes or until just set. Set aside, and lower the oven

temperature to 325 F.

To make the filling, beat the butter and honey with an electric mixer or

by hand until pale and creamy. Beat in the egg yolks one at a time. Then

stir in the almonds, the juice of 2 lemons (reserve the zest, removed in

thin strips), and the cream. Pour into the pastry shell and lightly smooth the top with a spatula. Bake 30 to 40 minutes, or until golden brown and set.

Meanwhile, combine the superfine sugar, reserved lemon zest, and water in a sugar pan or small heavy saucepan. Slowly bring to a boil, then simmer 6 minutes or until the syrup lightly coats the back of a metal spoon. Set aside to cool slightly.

Add the remaining lemon juice to the barely warm syrup and strain, reserving the zest. Pour the syrup over the warm pie, remove from the pan, and liberally sprinkle with confectioners' sugar and the reserved zest. Serve immediately.

Note: To make the pastry in the food processor, chill the processor bowl and metal blade in the refrigerator for 1 hour. Working very quickly, process the flour, sugar, lemon zest, and butter until the mixture resembles coarse meal. Add the egg yolks and vanilla and pulse just to mix. (It is unlikely that you will need to add water.) Wrap and refrigerate.

Source: Flavors of Greece - by Rosemary Barron
ISBN: 0-688-07087-6

Title: Vanilla Rice Pudding
Categories: Greek, Desserts

Servings: 6

2/3 c Round or short-grain rice
3 c Milk
1/3 c Superfine or vanilla sugar
-OR- more to taste
1 tb Superfine or vanilla sugar
1 1/2" strip of orange zest
1 pn Salt
1 tb Unsalted butter
1 Egg
1/2 ts Vanilla extract; or to taste
1 tb Fresh lemon juice
-OR- more to taste
1/3 c Rich Cream (w/o crust); -OR-
1/2 c -Heavy cream

--FOR SERVING --
Ground cinnamon
Confectioners' sugar; sifted

Place the rice in boiling water and leave for 5 seconds; drain, and rinse.

Bring the milk almost to a boil in a heavy saucepan, and stir in the rice,

the first quantity of sugar, the orange zest, salt, and butter.

Reduce

the heat to very low and simmer uncovered, stirring occasionally to

prevent sticking, for 1 hour, or until thick and creamy. Remove from the

heat and set aside.

Whisk together the egg, vanilla, lemon juice, and remaining sugar until

pale and thick, about 2 minutes. Remove the orange zest from the rice

mixture and stir half the rice into the egg mixture. Return this to the

saucepan and stir to combine. Gently cook over low heat, stirring well,

for 2 minutes. Stir in the Rich Cream and add more sugar or lemon juice

if desired. (If using heavy cream, beat until slightly thickened, then stir into the rice mixture.) Divide among individual dishes and chill.

To serve, liberally dust with the cinnamon and confectioners' sugar.

Source: Flavors of Greece - by Rosemary Barron

Rich Cream - Kaymaki

1 qt Heavy cream

Thick rich eastern Mediterranean "kaymaki" (literally, "frothy cream") is unique, but two more readily available products have a similar flavor and texture. Imported English clotted (Devon) cream and Italian mascarpone cheese both make good substitutes, or you can make your own. Make this when you plan to be in the kitchen for a couple of hours - for an even smooth texture and a thick crust you need to stir the hot cream at regular intervals. Be sure to use meticulously clean utensils and keep the cooking heat very low (or use a heat diffuser mat). Kaymaki should be made at least 18 hours before you need it; it can be stored for up to a week.

Slowly bring the cream almost to a boil in a heavy saucepan, stirring occasionally with a wooden spoon. Reduce the heat to as low as possible,

or place the saucepan on a heat diffuser mat. Lift a ladleful of cream

about 12 inches above the saucepan, and pour it back in a thin steady

stream; repeat 2 or 3 times. Repeat this procedure every 10 minutes or so

over the next 1-1/2 hours, and stir the cream occasionally to make sure

it does not stick.

Leave the cream undisturbed over the lowest heat for 30 minutes longer; it

will have reduced by at least two thirds. Remove the saucepan from the

heat and let cool.

Loosely cover with a clean kitchen towel and set aside for 2 hours.

Remove the kitchen towel, tightly cover, and refrigerate for at least 12

hours, or overnight.

Cut the crust on top of the cream into 1-inch-wide strips. Gently fold

one end of a strip over the handle of a wooden spoon and roll it up (cut

in half if the roll becomes too thick or unwieldy), and slide off onto a

plate. Repeat with the remaining strips. The remaining kaymaki will have

the texture of thick airless cream. It can be refrigerated in a tightly

covered container of up to 1 week; refrigerate the rolls for up to 3 days.

Note: Serve kaymaki rolls on their own or with desserts such as Kataifi

Nut Rolls or Almond Cake. Kaymaki cream can be added to ice cream or rice

pudding for an especially good flavor. Or whisk it together with a little

sweet wine or lemon juice for a perfect accompaniment to fresh or poached

fruit or sweet pastries. Servings: 1

Source: Flavors of Greece - by Rosemary Barron

Snails, Cretan Style, W / Vinegar or tomatoes

----TO PREPARE SNAILS ----

Wheat, flour and/or thyme

Salt

----FOR FIRST RECIPE, TO SERVE 1 ----

1 lb Snails

1 / 2 c Olive oil

1 / 4 c Red wine vinegar

----FOR SECOND RECIPE, SERVING 1 ----

1 lb Snails

1 / 2 c Olive oil

Salt

1 Onion; grated

1 / 4 c Chopped fresh parsley

1 lb Peeled, chopped tomatoes

The Greek gift for having a word for it applies richly to snails, usually

called "salingaria" on the mainland, but "hohli" on Crete and "karaoli" on

Cyprus. Hohli are a favorite Cretan food, and the delicious cooking

methods explain why. Snails are scrupulously avoided except in summer,

when they are considered safe to eat. Since snails absorb the odors and

taste of foods on which they feed, Cretans catch them after a rainfall,

put them in a covered container, and feed them for several days on wheat,

flour, and perhaps some thyme. Then the real fun begins. The amounts of

the other ingredients in this recipe are based on a pound of snails. One

pound of snails serves 1 or 2.

First be sure all the snails are alive, then wash them thoroughly in cold water and place in their shells in a container large enough to hold them. Pour hot water over them to cover and bring to a boil. Add a teaspoon of salt for each quart of water and continue to boil for 20 minutes, skimming off foam. Drain the snails, then wash in cold water and drain again. In a deep, heavy pan, heat olive oil almost to the boiling point, using 1 / 2 cup olive oil per pound of snails. Add the snails and fry for 10 minutes, turning carefully with tongs to avoid spattering oil. Pour in 1 / 4 cup red wine vinegar for each pound of snails. Remove from heat and stir constantly for a few minutes. Remove the snails to individual plates and serve hot with a little of the remaining sauce, and some bread and wine, as an appetizer or first course.

SNAILS BRAISED WITH TOMATOES

Prepare the snails for cooking as directed above. In a deep, heavy pan, heat 1 / 2 cup olive oil per pound of snails, add some salt for seasoning and then the snails. Cover, lower the heat, and cook for 10 minutes, turning once. Add a grated onion and 1 / 4 cup chopped fresh parsley per pound of snails. Stir over medium heat for a few minutes, then add a pound of peeled, chopped tomatoes for each pound of snails. Cover and simmer for 30 minutes, or until the tomatoes are tender. Serve with fried potatoes and baby zucchini salad. Servings: 1

Broiled Eel with Ladolemono Sauce

- 1 Eel**
- 1 Lemon (juice only)**
- Vegetable oil**
- Salt & freshly ground pepper**

LADOLEMONO SAUCE

- 1 / 2 c Olive oil**
- 1 / 4 c Lemon juice**
- Salt & freshly ground pepper**
- Chopped herbs of your choice**

Skin, wash, and dry the eel or have it skinned by the fishmonger. Cut into pieces, then squeeze a lemon over the eel and allow to stand for 15 minutes. Brush the eel with oil, season lightly with salt and pepper and grill or broil on all sides until fork tender. Serve with the Ladolemono sauce.

LADOLEMONO SAUCE: Whisk together oil and lemon juice in a bowl. Add salt and pepper to taste. Add chopped herbs (parsley, basil, oregano, thyme, fennel, etc) and serve immediately. Servings: 4

Title: Baked Eel Salonika
Categories: Greek, Seafood
Servings: 4

2 lb Eel (boned, skinned)
1/4 c Olive oil
4 Onions; thinly sliced
1 Garlic clove; pressed
2 c Tomatoes
1/2 c Parsley; chopped
1 ts Oregano
1/8 ts Cinnamon
1 ts Salt
Pepper to taste
1/2 c Red wine,(Mavrodaphne, Port)

Rinse eel with cold water. Oil baking pan with half of the oil.
Place
slices of eel on pan.
Sauce: Heat remaining oil in frying pan, and fry onions and
garlic on
medium heat for 5 minutes. Add remaining ingredients and
cover. Cook 10
minutes. Pour sauce over eel. Bake 45 minutes at 375 degrees.
Serve
with crusty bread and a crisp salad.

From: "The Complete Greek Cookbook" by Theresa Karas
Yianilos, Avenel
Books, New York.

Title: Psari Spetsiotiko - Fish, Spetsai style
Categories: Greek, Fish, Seafood
Servings: 4

2 lb Fish
-(snapper, porgy, mullet,
-OR any favorite), cleaned
-and left whole or sliced
-into steaks
1 Lemon; juiced
Salt

1 / 3 c Olive oil
4 Ripe tomatoes
 -(fresh or canned)
 - peeled and chopped
1 / 4 c White wine
 - (more if necessary)
4 Garlic cloves; sliced
1 / 2 ts Granulated sugar
 Salt
 Freshly ground black pepper
1 c Chopped fresh parsley
 Bread crumbs
 Tomato juice, if necessary

Wash and dry the fish (if using dried cod be sure it was soaked overnight), then sprinkle with salt and lemon juice, particularly inside the neck area if using fish with heads on. Arrange on a baking-serving dish and set aside while you prepare the sauce.

Heat the oil in a saucepan, add the tomatoes, wine, garlic, and sugar and simmer for 10 to 15 minutes. (The amount of garlic may be reduced, but it *IS* the most important ingredient.) Season with salt and pepper.

Sprinkle the fish with a light coating of bread crumbs and then with the chopped parsley, then spoon the hot sauce over the fish. Repeat the procedure until all the sauce has been used, ending with a topping of bread crumbs. Bake in a moderate oven (350 F) for 30 to 40 minutes, depending on the size of the fish, basting twice with the sauce. (A golden crust will form on the fish, characteristic of this famous style.) During the baking period, add some wine or tomato juice if necessary; some sauce should remain around the fish. Serve hot.

NOTE: This makes an excellent first course with dry white Demesticha or Samos wine.

Source: The Food of Greece - by Vilma Liacouras
Chantiles
ISBN: 0-517-27888-X

Title: Roulo me Filo
Categories: Greek, Meats, Main dish
Servings: 4

2 tb Butter or margarine
1 sm Shallot or onion
1 1/2 lb Veal, ground
1/2 c Chopped tomatoes
-OR- tomato juice
1 Cinnamon stick; -OR-
1 ts -Ground Cinnamon
Salt; if necessary
Freshly ground black pepper
1 ts Chopped fresh basil
-(more if desired)
2 Eggs; separated
1 1/2 c Thick Saltsa Aspri
1/2 c Grated mizithra cheese
-OR- kefalotyri cheese
1/2 ts Grated nutmeg
Heavy greaseproof paper
-(about 20 by 20 inches)
12 Filo pastry sheets
1/3 c Butter or margarine
- melted and warm
2 Eggs, hard-cooked; sliced
1 tb Chopped fresh parsley

Heat the butter in a large frying pan, then saute the onion until soft.

Add the meat, mashing it with a fork until the raw color disappears. Add the tomato and cinnamon, cover and simmer about 20 minutes, stirring once or twice. Remove the lid and season judiciously (if the cheese is salty, don't add salt until the very end). Stir in the basil, then remove the cinnamon stick and cool. Using a wooden spoon, mix the egg whites into the meat. Meanwhile, prepare the saltsa aspri (it must be thick) and combine with the egg yolks, cheese, and nutmeg. Taste to see if salt is needed.

To make the loaf, spread the baking paper flat on your work surface. Lay a sheet of filo (keeping the rest covered with a damp towel or waxed paper) in the center of the paper and brush with butter. Continue laying filo, one sheet on top of another, brushing each with butter, to make a large "base" on which to roll the meat loaf (about 15 x 15 inches). Spread half of the saltsa aspri in the center of the filo, allowing wide margins for turning later. Spread the meat mixture over the sauce to a length of about 9 inches. Lay the egg slices over the meat, cover with the remaining sauce, and sprinkle with parsley. Turn the edges of the filo up over the meat and roll into a loaf. Fold the paper over the loaf, secure it, and place, seam side down, in a baking pan. Bake for 1 hour in moderate oven (350 F), removing the paper after 35 minutes to allow the filo to get crisp. Brush the outer surface of the filo with butter or margarine for a higher golden chestnut color.

**With wide spatulas, lift the loaf onto a warm platter. Serve immediately,
with fresh green salad, black olives, and a heady wine.**

Source: The Food of Greece - by Vilma Liacouras
Chantiles
ISBN: 0-517-27888-X

Title: Kalamaria Parayemista
Categories: Greek, Seafood, Main dish, Appetizers
Servings: 6

1 kg Small squid
1/2 c Corn oil
1 md Onion; finely chopped
1/2 c Short-grain rice
1/2 c Tomato puree
1/4 c Water
1 sm Cinnamon stick
2 Cloves
Salt
Freshly ground black pepper
1/2 c Dry white wine

Select squid with hoods about 10-12 cm (4-5 inches) long.

To clean squid, pull off head and attached tentacles. Cut out eyes and beak and discard. Clean dark skin from head and tentacles by pulling it off or rubbing off with a cloth dipped in coarse salt. Rinse, chop 3 to 4 into small pieces and keep aside. Remainder may be stored and fried later.

Clean out hood (body) and remove transparent backbone from inside. Pull

or rub off skin. Rinse well, drain and dry.

Heat 1 tablespoon oil in a pan and gently fry onion until transparent.

Stir in rice and stir over heat for 2 minutes. Add tomato puree, water,

cinnamon stick, cloves, chopped squid, and salt and pepper to taste. Cover

and simmer over low heat for 10 minutes or until liquid is absorbed.

Remove cinnamon stick and cloves.

Fill hoods with rice mixture, packing it in loosely as rice expands and

hoods contract during cooking. Close top with wooden cocktail picks or

sew with strong thread.

Heat remaining oil in a deep pan and fry squid hoods until lightly

coloured, turning them frequently. Reduce heat, add wine, cover and

simmer gently on low heat for 1 hour or until squid is tender. Add a

little water to pan if necessary during cooking. Serve hot or warm as a

mezethaki (appetizer).

Source: The Complete Middle East Cookbook - by Tess Mallos

ISBN: 1-86302 069 1

Title: Yiouvetsi

Categories: Greek, Main dish

Servings: 6

6 Lamb leg or shoulder chops
-(thickly cut)

1 / 4 c Butter or corn oil
1 lg Onion; finely chopped
1 c Tomato puree
1 c Chopped, peeled tomatoes
3 Cloves
1 lg Cinnamon bark piece
Salt
Freshly ground black pepper
4 c Boiling water or stock
-(more if necessary)
2 c Orzo or kritharaki
1 / 4 c Grated kefalotiri cheese
1 / 2 c Diced haloumy or feta cheese

Oven temperature: 180øC (350øF)

Cooking time: 2 hours

Have meat retailer cut chops about 4 cm (1-1 / 4 inches) thick. Alternatively purchase a leg of lamb and have it cut into 6 pieces.

Place lamb in a baking dish and spread or pour oil or butter on top. Bake in a moderate oven for 20 minutes.

Add onion to dish and return to oven for further 10 minutes. Add tomato puree, chopped tomatoes, cloves, cinnamon bark and salt and pepper to taste. Baste meat with liquid and cook for futher hour until meat is tender, adding a little of the water or stock if necessary.

When meat is cooked add water or stock and stir in pasta. Cook for futhre 20 minutes, stirring occasionally, and adding a little more liquid if mixture looks dry. When pasta is tender, sprinkle cheese over pasta and return to oven for 5 minutes. Serve immediately.

NOTE: This is a popular restaurant dish in Greece, Cyprus and Egypt. The

pieces of meat are placed in individual casserole dishes after the initial cooking, and the sauce, pasta and water or stock added to each dish, then cooking completed. In the home I suggest dividing the meat and pasta after it is cooked and just before adding the cheese. Return to oven for cheese to melt.

Source: The Complete Middle East Cookbook - by Tess Mallos
ISBN: 1 86302 069 1

Title: Kotopoulo Giouvetsi
Categories: Greek, Main dish, Poultry, Pasta
Servings: 4

1 md Roasting chicken (3-4 lbs)
3 tb Olive oil
Salt
Freshly ground black pepper
1 1/2 c Orzo
3 md Onions; coarsely chopped
2 Garlic cloves; minced
2 lg Bell peppers; cored, seeded,
- and finely chopped
1 c Peeled, chopped plum tomatoes
1/2 ts Ground cumin
1/3 c Brandy
4 c Water
Grated Parmesan cheese

Preheat oven to 450°F.

Wash chicken and rub outside and inside with 1 tablespoon olive oil.
Season skin with salt and pepper.

Place chicken in a medium-to-large baking pan, preferably glass or clay,
and spread orzo evenly around chicken. Add remaining oil and other
ingredients except cheese and toss in pan to combine. Place
pan,
uncovered, in hot oven and reduce heat to 350°F. Bake for 1 to
1-1/2
hours, basting chicken every 10 to 15 minutes with pan juices,
until
chicken is tender and orzo cooked, adding more water, if
necessary, during
baking if orzo seems too dry. Sprinkle with grated cheese
before serving.

Source: The Food and Wine of Greece - by Diane
Kochilas
ISBN: 0-312-05088-7

Title: Pseftokeftedes Santorini
Categories: Greek, Appetizers, Vegetarian, Vegan
Servings: 36

1 1/4 c Peeled, chopped plum tomato
-(See Note)
1/2 c Finely chopped scallions
1 Garlic clove; finely chopped
1 tb Freshly chopped parsley
1/2 ts Oregano
1/4 ts Cinnamon
1 ts Fresh mint (heaping measure)
Salt
Freshly ground black pepper
1 c All-purpose flour
1 ts Double-acting baking powder
Olive oil; for frying

In a large bowl, combine tomatoes, scallions, garlic, herbs, and spices.

Add flour and baking powder and mix together so that all ingredients are well blended and have the consistency of a thick batter (about as thick as pancake batter).

In a large heavy skillet, heat enough olive oil for frying. Taking a heaping tablespoon at a time, drop batter into hot oil and fry until golden brown and crisp.

Remove at once with a slotted spoon and drain on paper towels. Serve hot.

Yield: about 3 dozen

NOTE: In other islands, spinach or 'horta' (greens) are often used instead of tomatoes. Follow instructions above, using 1-1/2 cups boiled, well-drained, chopped spinach, or any other greens.

Source: The Food and Wine of Greece - by Diane Kochilas

ISBN: 0-312-05088-7

**Title: Calamaria Gemista (Stuffed Squid)
Categories: Seafood, Greek
Servings: 4**

**3 lb Large fresh squid
1/2 c Olive oil
1 c Coarsely chopped onion
-(packed)
1/3 c Long-grain rice**

1 / 4 c Pine nuts
2 lg Garlic cloves; chopped
1 / 4 c Currants
3 / 4 c Dry white or red wine
Salt & freshly ground pepper
-to taste
3 / 4 c Chopped fresh parsley
-(packed)
1 / 4 c Chopped fresh dill, packed
4 tb Chopped fresh mint
2 c Peeled, seeded tomatoes
-(chopped)

Wash and clean squid. Grasp the head just below the eyes, pull it off from the rest of the body, and set it aside. Cut away the thin purplish membrane on the outside of the tail section. Using your index finger, scoop out and discard the guts and thin cartilage "icicle" on the inside of the tail section. Rinse tail sections inside and out and set aside in a colander to drain. Take the head section in one hand and put pressure with your thumb and forefinger around the mouth and eyes, to squeeze them out. Discard mouth and eyes.

Chop the squid tentacles and have them ready, as they will be used in the stuffing.

In a large skillet, heat half the olive oil and saute onion until wilted.

Add rice, tentacles, and pine nuts and saute over medium-low heat for 2 to

3 minutes. Add garlic and currants to rice and stir quickly with a

woodent spoon. Pour in 1 / 4 cup wine and 1 / 4 cup water.

Season with salt

and pepper. Reduce heat to low and simmer, covered, until liquid is

almost completely absorbed and rice is soft but only about half cooked,
about 15 minutes. About 5 minutes before removing skillet from heat, add
parsley, dill and mint. Remove and let cool enough to handle.

Using a small teaspoon or a butter knife, carefully fill about three
quarters of each squid with the rice mixture. Use toothpicks to secure
closed. Pour remaining olive oil into a large stewing pot. Place squid
carefully in pot. Pour in remaining wine and enough water to cover.

Bring to a boil, reduce heat to low, and simmer, covered for about 1-1/2
hours, or until rice is cooked and squid fork-tender. Twenty minutes
before removing squid from heat, add chopped tomatoes to pot and adjust
seasoning with salt and pepper. Check throughout cooking to see if more
water is necessary so that mixture doesn't dry out. Serve squid hot or
cold with a simple green salad.

SERVING SUGGESTIONS: This dish needs a delicate wine such as a Robola
Callinga or Santorini Boutari. Serve with wild greens (horta), 'horiatiki
salata (village salad), and a beautiful olive bread.

Source: The Food and Wine of Greece - by Diane
Kochilas
ISBN: 0-312-05088-7

Title: Moustokouloura
Categories: Cookies, Greek

Servings: 24

3 1/2 c All-purpose flour
 -plus extra for kneading
 2 ts Baking soda
 1 tb Freshly ground cinnamon
 1 tb Freshly ground cloves
 1/4 c Mild olive oil
 2 tb Honey
 1/2 c Petimezi
 -(Greek wine must syrup)
 -OR- Italian vino cotto
 -OR- Honey
 1/2 Orange; (grated zest)
 1 c Orange juice

Sift together the flour, baking soda, cinnamon, and cloves into a large bowl, making a well in the center. In a smaller bowl, beat the olive oil with the honey, petimezi, grated orange zest, and 1/2 the orange juice and pour into the well. Mix together to make a dough, adding the remaining orange juice as necessary.

Turn onto a floured surface and knead for about 10 minutes until the dough is smooth but not stiff. Cover with a cloth and leave to relax for 30 minutes or longer.

Break off pieces of dough, about 2 tablespoonfuls each, and roll into snakes about 1/2-inch in diameter. Press the two ends together, forming oval wreaths, and place on an oiled or non-stick baking sheet. Bake in an oven preheated to 375 F for 10-15 minutes- until they are brown and crunchy, but not too hard.

Source: Recipes from a Greek Island - by Susie Jacobs
ISBN: 0-671-74531-X

Title: BRIAMI - Greek vegetable casserole
Categories: Vegetarian, Main dish, Side dish, Casseroles, Greek
Servings: 6

1 Eggplant
2 lb Zucchini
4 md Potatoes
2 Green peppers
1 Red pepper
2 md Onions
1 c Olive oil
4 md Tomatoes
2 Garlic cloves
1 ts Sugar
Salt & pepper; to taste

(1) Prepare the vegetables: Cut the eggplant, zucchini and potatoes in bite sized chunks (do not peel the zucchini or the eggplant).

Remove the stems and seeds from the peppers and slice them into strips. Peel and slice the onions. Dice the tomatoes.

(2) Saute' the vegetables except the tomatoes in the olive oil in small batches. Saut' each batch for 2 or 3 minutes, then remove from the pan, trying to drain some of the oil so that enough oil is left for the next batch. When you're done, most (if not all) of the oil should be gone from the pan.

(3) Place the saute'ed vegetables in a baking dish and toss them briefly so that you won't get only one kind of vegetable in one

place.

(4) Add the tomatoes into the pan and saut' for a couple of minutes.

Crush the garlic and add to the tomatoes. Add the sugar, salt and pepper to taste and simmer for another minute.

(5) Pour the tomato sauce on top of the vegetables and bake at 350 deg. F or until the vegetables are tender.

(6) Serve with plenty of fresh bread and, if you like, some feta cheese on the side.

RATING

Difficulty: easy. Time: 30-45 minutes preparation, 1 hour baking.

Precision: No need to measure.

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Title: Macaronada

Categories: Greek, Pasta, Side dish

Servings: 6

500 g Macaroni or spaghetti

4 l -Water

2 tb Salt

1 tb Oil

3 tb Butter

4 tb Grated cheese

-(Kefalotyri, Romano or

- Parmesan)

TO COOK PASTA: Bring water to the boil with salt and oil. Keep water

boiling briskly and put in a handful of pasta at a time. Push into the

water slowly as the strands soften and curl around the sides of the pan.

Stir well as each lot is added, then boil briskly, stirring occasionally.

Cook until just tender - test by biting a piece. Drain well in a colander and return to pan in which it was cooked.

TO PREPARE FOR SERVING: Melt butter and heat to a deep golden brown -- do

not burn. Pour over pasta, add grated cheese and toss well to coat

strands.

Serve extra grated cheese in a bowl.

Source: The Greek Cookbook - by Tess Mallos (ISBN: 1 86302 015 2)

Title: Macaronia me Voutyro - Pasta with Brown Butter Sauce

Categories: Greek, Pasta, Side dish

Servings: 6

1 lb Spaghetti or other pasta

1 / 2 lb Butter

**1 / 2 c Kefalotyri or Parmesan
-(Grated)**

Fill a large deep pot 3 / 4 full with water. Add salt and bring to a rolling boil. Add pasta slowly, without breaking the boil. Cook 10

minutes. Place a colander in sink and turn pasta into it. Rinse under

hot running water, allowing the water to drain through the spaghetti.

Heat the butter in a small saucepan to a honey brown. Watch it carefully for these minutes; it burns quickly and suddenly. Return spaghetti to large pot and dribble hot butter over it. Sprinkle with half the cheese and toss gently to mix.

Transfer to a large ovenproof platter, sprinkle top with more cheese and bake for 10 minutes at 350 F. Serve hot.

Source: The Complete Greek Cookbook - by Theresa Karas
Yianilos
Avenel Books * New York

Title: Pastitso Makaronia me Feta

Categories: Greek, Casseroles, Pasta, Main dish

Servings: 12

1 lb Macaroni; cooked & drained
8 tb Butter or margarine; melted
3 Eggs; lightly beaten
1/2 c Grated cheese
1 1/2 c Feta cheese, cubed
Salt
White pepper
1 ts Nutmeg, grated
12 Sheets commercial filo
- cut to fit pan,
- covered to avoid drying

In a large bowl, combine the macaroni, one-third of the melted butter, the eggs, grated cheese, and feta. Season with salt, white pepper, and nutmeg

and mix with a wooden spoon. In a buttered 9 x 12 x 3-inch baking pan, spread the macaroni-cheese mixture over the filo and cover with the 6 remaining sheets of filo, brushing butter between each and on the surface. Using the tip of a sharp knife, score the top 3 to 4 sheets to indicate 12 servings. Bake in a moderate oven (350 F) for 30 minutes, or until the surface is crisp. Remove to a rack for 10 minutes, then cut and serve on a warm platter.

Source: The Food of Greece - by Vilma Liacouras
Chantiles
ISBN:0-517-27888-X

Title: Spanakopita Nistisimi (Lenten Spinach Pie)
Categories: Appetizers, Main dish, Greek, Vegetarian, Vegan
Servings: 8

1 lb Curly endive
3 lb Fresh bulk spinach
-washed, large stems removed
3 bn Large scallions
- white and green chopped
- together
5 tb Fruity olive oil
1 Lemon
1 1/2 c Finely chopped fresh dill
1 ts Salt
Freshly ground black pepper
1 tb Rice or cracked wheat

PASTRY
1 1/2 c All-purpose flour
Extra flour for rolling

**1 ts Sea salt
1 ts Baking powder
5 tb Olive oil (about)
1 tb Sesame seeds**

Start by making the pastry. Sift the flour with the salt and baking powder. Mix in about 6 tablespoons water, a little at a time, until the dough is gooey, but not wet. Add 1 tablespoon olive oil, plus another teaspoonful, and a little more flour, if needed, to make a cohesive mass. Knead the dough for 5 to 10 minutes, until smooth and elastic. Cover it and set aside to relax for an hour or two.

For the filling, separate the curly endive leaves, so the vegetable will cook in the same time. Steam the spinach and endive together in a large pan, in the water clinging to the leaves, plus just an extra 1 / 2 cup. Turn the leaves over occasionally, so they wilt evenly. When they are wilted, but not mushy, drain them in a colander, pressing firmly with the back of a wooden spoon to remove as much excess liquid as possible. (Reserve the liquid for use in soup, or drink with a squeeze of lemon juice, as the Greeks do.)

Saute the scallions in 2 tablespoons olive oil, until barely soft. Add a few tablespoons of water if they stick to the pan. Roughly chop the cooked spinach and curly endive and finely grate the zest from the lemon. Then toss the cooked vegetables with the scallions, parsley, dill, lemon zest and 1 tablespoon lemon juice, salt, and pepper, adding 3 tablespoons olive oil. Set aside until you are ready to fill the pastry.

Choose an ovenproof earthenware or glass baking dish 2 to 2-1/2 inches deep and about 2-quart capacity and brush the inside with oil. Divide the pastry into two unequal parts, and then again into halves. On a floured surface roll out one of the larger pieces of pastry. This should be large enough to line the dish, coming up and over the sides - this should make it very thin. Fit it into the baking dish and brush it with olive oil. Do the same with the second piece of pastry, placing it on top of the first, and brush again with olive oil.

Sprinkle the tablespoon of rice or cracked wheat over the bottom, to soak up excess juices, and fill with the spinach and herb mixture. Roll out the remaining two pieces of pastry, separately, to fit the top of the dish. Place the first on top of the spinach, brush with olive oil, then place the second on top of that. Prick the pastry with a fork in an attractive pattern and brush the entire top with olive oil. Sprinkle with sesame seeds. Bake in an oven preheated to 350 F for 45-50 minutes, until golden brown.

Source: Recipes from a Greek Island - by Susie Jacobs
ISBN: 0-671-74531-X

Title: Spanakopites apo ti Samos (Spinach Pies from Samos)
Categories: Appetizers, Main dish, Greek, Vegetarian

Servings: 20

**750 g Fresh spinach; -OR-
500 g -Frozen leaf spinach
1 c Finely chopped spring onions
1/4 c Olive oil
2 c Crumbled feta cheese
1/4 c Finely chopped dill
-OR fennel
2 Eggs; beaten
1/4 ts Ground nutmeg
Salt
Freshly ground pepper**

----TO FINISH ----

**10 Filo pastry sheets
1/2 c Olive oil**

OVEN TEMPERATURE: 190°C (375°F)

COOKING TIME: 40 Minutes

Wash spinach well and cut off any coarse stems. Chop coarsely and put into a large pan. Cover and place over heat for 7-8 minutes shaking pan now and then or turning spinach with a fork. Heat just long enough to wilt spinach so that juices can run freely. Drain well in a colander, pressing occasionally with a spoon. (If using frozen spinach, defrost, drain well and chop). Place in a mixing bowl.

Heat oil in a frying pan and gently fry spring onion until soft. Add oil and onion to spinach with cheese, herbs, eggs and nutmeg. Mix well to combine, then add salt and pepper to taste.

Open out fillo pastry sheets and cut in half, giving pieces approximately 20 x 30 cm (8 x 12 inches) in size. Stack and cover with cloth.

Take a sheet and brush lightly with oil. Fold in half to make a strip about 10 cm (4 inches) wide. Brush again with oil and spread about 2 tablespoons of filling across one long edge, leaving sides clear of filling. Fold in sides, then roll up firmly. Bend roll round into a coil and place in an oiled baking dish. Repeat with remaining ingredients, placing in one layer in the baking dish.

Brush tops lightly with oil and bake in a moderately hot oven for 25 minutes until golden brown. Serve hot or cold as an appetizer or light meal. If serving cold, use butter instead of olive oil unless your oil is of high quality.

Source: The Complete Middle East Cookbook - by Tess Mallos

ISBN: 1 86302 069 1

Title: Spanakopita Peloponnisos (Peloponnese Spinach Rolls)
Categories: Appetizers, Main dish, Greek, Vegetarian, Vegan
Servings: 8

1 kg Spinach
1 md Onion; chopped
1 Leek; chopped
1 c Chopped spring onions
1/3 c Olive oil
1/2 c Chopped parsley
3 ts Chopped dill or fennel
14 ts Ground nutmeg
Salt
Freshly ground black pepper

- 8 Fillo pastry sheets
- Olive oil (or butter)
- for assembling rolls

SERVES: 6-8

OVEN TEMPERATURE: 180øC (350øF)

COOKING TIME: 50 Minutes

Wash spinach well and cut off any coarse stems. Chop coarsely and put

into a large pan. Cover and place over heat for 7-8 minutes shaking pan

now and then or turning spinach with a fork. Heat just long enough to

wilt spinach so that juices can run out freely. Drain well in colander,

pressing occasionally with a spoon.

Gently fry onion in olive oil for 10 minutes, add chopped leek and spring

onions and fry gently for further 5 minutes until transparent.

Place well-drained spinach in a mixing bowl and add oil and onion mixture,

herbs and nutmeg. Blend thoroughly, adding salt and pepper to taste.

Place a sheet of fillo pastry on work surface and brush lightly with olive

oil. Top with 3 more sheets of pasry, brushing each with oil.

Brush top layer lightly with oil and place half the spinach mixture along

the length of the pastry towards one edge and leaving 4 cm (1-1 / 2 inches)

clear on each side.

Fold bottom edge of pastry over filling, roll once, fold in sides then

roll up. Place a hand at each end of roll and push it in gently like a

concertina. Repeat with remaining pastry and filling. Place rolls in an

oiled baking dish leaving space between rolls. Brush tops lightly with oil and bake in a moderate oven for 30 minutes until golden. Serve hot cut in portions.

Source: The Complete Middle East Cookbook - by Tess Mallos
ISBN: 1 86302 069 1

Title: Htipiti Tirosalata (Whipped Cheese Salad)
Categories: Appetizers, Greek
Servings: 1

Tsouskes
Oil for frying peppers
1 lb Feta cheese
3 tb Oil

Tsouskes are hot spicy peppers. Of course the best is green long peppers which grow only in Macedonia are extremely hot and very tasty.

You fry them in oil, you peel their skin and you chop them into very small pieces. How many it depends on how hot they are and how spicy you can eat.

After, you cut about 1 pound of feta in to small pieces and you mix it with the peppers. Add about 3 table spoons of olive oil. Work all the ingredients with the fork until it becomes a paste. Be carefull: I said with fork. Not with food processor, not with goudhi. Just FORK. :)

You are all set. Enjoy with bread or crackers as appetizer.

From: Antonios Bouris

**Title: Galatoboureko
Categories: Greek, Desserts
Servings: 12**

**4 c Milk
3/4 c Sugar
3/4 c Fine semolina
1/4 c Butter
1/2 Lemon; rind grated
1 Piece of cinnamon bark
1 pn Salt
5 Eggs; lightly beaten
1 ts Vanilla essence
10 Fillo pastry sheets
3/4 c Unsalted butter; melted**

**SYRUP
1 c Sugar
3/4 c -Water
1 Piece of cinnamon bark
2 ts Lemon juice**

**Cooking time: 1 hour
Oven temperature: 180øC (350øF)**

Mix milk, sugar, semolina, butter, lemon rind, cinnamon bark and salt in a heavy-based saucepan and heat until thickened, stirring constantly. Let custard bubble gently over low heat for 5 minutes.

Take from heat and remove cinnamon. Cover with a piece of buttered paper to prevent skin forming. When cool, blend in eggs and vanilla.

Butter a 33 x 23 cm (13 x 9 inch) oven dish. Place half of the filo

pastry sheets in the dish, brushing each sheet with the melted butter.

Pour in custard and top with remaining sheets, again brushing each with

butter as it is placed in position. Brush top with remaining butter and

score through top sheets of filo in 8 cm (3 inch) squares or diamonds.

Sprinkle top lightly with water.

Trim edges and bake in a moderate oven for 45 minutes until pastry is

golden brown and custard is set when tested with a knife.

Remove from

oven and cool thoroughly in the dish.

Dissolve sugar in water over low heat, increase heat to medium and bring

to the boil. Add cinnamon bark and lemon juice and boil for 10 minutes.

Cool syrup to lukewarm before straining and pouring over the cool pie.

Leave until cold before serving.

Source: The Complete Middle East Cookbook - by Tess Mallos

ISBN: 1 86302 069 1

Title: Bourekakia me Kremithakia Freska (Scallions in Filo)

Categories: Greek, Appetizers, Vegan, Jacobs

Servings: 16

6 bn Scallions

-(white part & 1" green)

-chopped, to make about 3 c.

1/2 c Olive oil

3 / 4 c Chopped fresh dill
Salt
Freshly ground black pepper
8 Filo pastry sheets; thawed
2 tb Sesame seeds

Toss the chopped scallions in a bowl with 1 tablespoon olive oil, the chopped dill, salt and pepper.

Remove 8 sheets of filo from the package. Reseal package and refrigerate it. Cover the filo you are using with a damp dish towel, well wrung out, and try to work hastily, as the pastry sheet have a tendency to dry out.

Lay out one sheet of filo and brush thoroughly with olive oil. Lay a second sheet over the first, and brush again with olive oil. Leaving a margin of 1 inch down one short side of the filo, sprinkle one-fourth of the scallion mixture in a strip. Roll up from the same side, to make a long tube, packing the ends well. Place on a greased baking sheet.

Repeat this procedure three more times. Cut each tube diagonally into four sections, brush with olive oil, and sprinkle the tops with sesame seeds. Bake in an oven preheated to 350 F until the tops are crisp and golden brown - about 30 minutes. They are good hot or cold.

Source: Recipes from a Greek Island - by Susie Jacobs

ISBN: 0-671-74531-X

Title: Island of Sifnos Honey bread.
Categories: Breads, Greek
Servings: 1

2 1 / 2 lb Ricotta cheese, unsalted
-OR- unsalted Mizithra
2 tb Butter
1 pn Salt
1 ts Baking powder
10 Eggs
3 c Honey (try Sifnos honey)
1 c Sugar
4 ts Ground cinnamon
3 c Flour

Mix the flour with necessary warm water to make dough like bread. Add the butter, salt, and baking powder. Knead and put aside.

Place in a bowl the ricotta cheese and the sugar and mix by hand. Add the honey and a handful of flour. Break and add the eggs and half the cinnamon, and mix well.

Butter a pan and with a rolling pin roll out the dough to the size of round pan letting the dough over the edges. Spread the mixture over the dough and bake in 350 degree preheated oven for about 30 minutes. When ready sprinkle the rest of the cinnamon. Plan the amount of dough so the whole bread will be about 2 inches in height. Cut in diamond sections.

Source: TSELEMENTES
Translated and posted by: George Righos

Title: Kouloura Rolls and Buns
Categories: Greek, Breads
Servings: 1

2 tb Dry or cake yeast
1/2 c -Warm water
2 c Milk; warm
3 tb -Sugar; -OR-
5 tb Sugar; if making Koulourakia
3 tb Butter, margarine or oil
3/4 ts Salt
7 c All-purpose flour; unsifted
1 Egg

----TOPPING ----

1 Egg yolk
1/4 c Sesame seeds

Melt yeast in warm water. Set aside. Bring milk to boil. Add sugar, butter and salt. Allow milk to cool slightly.

Put flour in a large bowl leaving about a tablespoon of it in the measuring cup for hands and make a hole in the center. Pour liquid into

it. Add yeast and egg. Start mixing with spoon or paddle, pushing flour

from all sides into center. Dough will be sticky until flour is absorbed.

Begin kneading dough in the bowl and then transfer it to a lightly floured

board. Continue kneading until dough is smooth and elastic, about 20 minutes.

Place dough in a greased bowl. Cover with towel dampened with hot water.

Set aside in a warm place to rise until bulk has doubled, about 4 hours.

Punch down in the middle. Knead for a few minutes and shape into a round

loaf or into individual rolls (see below). Using fingers, rub top with

egg yolk and sprinkle with sesame seeds. Place in greased baking pans.

Let rise once more, uncovered, in a warm place, approximately 1 hour.

Bake in preheated oven at 375 F for 45 minutes. Remove from oven; allow

to cool 10 minutes before removing bread from pan.

To Shape Traditional KOULOURA: Divide dough into 3 long ropes. Braid

together. Place braid in a greased tube pan or a large round baking pan.

Stretch dough to make ends meet. Use egg yolk to stick ends together.

To Shape KOULOURAKIA Rolls: Pinch off pieces of dough. Roll on board

with the palms of your hands to make a rope 6" long. Twist it into a

hairpin, coil the ends around each other and stick the tips together with

a dab of egg yolk. Or coil it like a snake, round and round; or roll into

small round balls using the palms of your hands. Do not flatten or press

down as you roll.

Source: The Complete Greek Cookbook -
by Theresa Karas Yianilos
Avenel Books, New York

Title: Lagos/Kounelli Fournou (Baked Hare or Rabbit)
Categories: Main dish, Meats, Greek
Servings: 4

- 1 Rabbit or hare
 - cleaned and skinned
- 2 Celery stalks, with leaves,
 - chopped
- 2 md Onions; chopped
- 1 Carrot; sliced
- 1/2 c Chopped fresh parsley
- 1 Bay leaf; crumbled
- 2 Sprigs fresh rosemary
- 6 Peppercorns; bruised
- 2 c Dry red wine
- 1/2 c Vinegar
- 1/4 c Butter or margarine
- Salt
- Freshly ground pepper
- 4 Fresh tomatoes; chopped -OR-
- 8 oz -Tomato sauce
- 3 Allspice berries

After washing the rabbit or hare thoroughly and cutting into serving pieces, place in a large glass or earthenware bowl. Make a marinade by combining the celery, onions, carrots, herbs, peppercorns, wine, and vinegar and pouring over the meat. Cover and refrigerate for a day or two, turning the pieces over occasionally.

On serving day, drain, reserving the marinade, and wipe dry. Transfer the marinade to a casserole and simmer for 15 minutes. While the marinade is cooking, heat the butter in a large frying pan, and when very hot sear the meat over high heat until it is reddened in color without browning. Remove from the heat, and with a spatula lift the rabbit or hare pieces into the simmering marinade, then pour in the remaining butter. Taste for seasoning, then add the salt and pepper, tomatoes, and allspice. Weight

the meat with a small plate to keep it under the sauce, then
bake it in a
very slow oven (225 F) for 2-1/2 hours, or until the meat is
tender and
the sauce thickened.

Source: The Food of Greece - by Vilma Liacouras
Chantiles
Avenel Books, New York
ISBN:0-517-27888-X

Title: Lagos/Kounelli Stifado
Categories: Meats, Greek, Main dish
Servings: 6

1 Rabbit or hare
-- cut into serving pieces,
-- and marinated 1 or 2 days
-See: Lagos/Kounelli Fournou
1/4 c Butter
2 lb Small white onions
-equal weight of rabbit/hare
1 c Canned tomato sauce
3 Whole cloves
2 Garlic cloves
1 tb Raisins (optional)
1 Bay leaf
1 ts Granulated sugar
1/2 c Dry white wine
2 tb Wine vinegar
Fresh rosemary

Remove the rabbit or hare from the marinade and wipe dry. In
a large
casserole, heat the butter or oil and sear the rabbit or hare over
high
heat until reddened in color, without browning the fat.
Meanwhile, peel

the onions and cut a cross in the root end with a sharp pointed knife to

keep them from falling apart during cooking. Arrange around the rabbit or

hare, then stir in the remaining ingredients, add enough water to cover,

place an inverted plate over the meat and bring to a boil.

Transfer to a

very slow oven (225 F) and bake for 2 to 2-1/2 hours, until the rabbit or

hare and onions are tender. Remove from the oven and carefully pour off

the sauce into a small saucepan. Boil down to 1-1/2 cups.

Remove plate

from casserole, pour the sauce over, and garnish with additional rosemary.

Serve warm.

NOTE: The flavor improves the second day.

Source: The Food of Greece - by Vilma Liacouras

Chantiles

Avenel Books, New York

ISBN: 0-517-27888-X

Title: Loukanika

Categories: Greek, Meats

Servings: 20

1 lb Lean pork shoulder, ground

1/2 lb Fresh pork rind

-- boiled for 2 hours,

-- drained, and ground

1/2 lb Pork fatback, ground

1 ts Salt

1 Navel orange

-- grated rind only

1 ts Crushed dried marjoram

- OR- thyme
- 1 Bay leaf; ground in a mortar
- 1/3 c Dry red wine
- 1 ts Ground allspice or coriander
- OR- both
- Freshly ground black pepper
- 2 Garlic cloves; crushed
- Sausage casing

Grind the pork, pork rind, and fatback through the fine blade of a meat chopper. Combine in a large bowl with all the seasonings. Knead thoroughly. Store in the refrigerator while you prepare the casing.

Usually salted, the casing (pork intestine) especially the interior, must be rinsed under cold running water several times. (To avoid losing casing down the drain while doing this, be sure the casing is inside a very large pan!) Allow to drain on a linen towel.

Use a pastry bag to force the stuffing into the casing. Pinch at 3-1/2 to 4 inch intervals allowing space between to form the sausage links.

Normally the casing will not break, but if it does, that section must be discarded and a knot tied in the new "end". To cook, poach in water for 1 hour, then drain, discarding the cooking water. Fry the sausages in a frying pan over moderate heat, or use as suggested in any recipe. Drain and serve hot.

Note: To store, freeze uncooked in meal-sized batches. The sausages should be used within a day or two if not frozen.

Source: The Food of Greece, by Vilma Liacouras Chantiles
Avenel Books - New York (ISBN: 0-517-27888-X)

Title: Braised String Beans (Fassoulakia Yahni)
Categories: Greek, Vegetables
Servings: 4

1 lg Onion; chopped
1 sm Garlic clove; minced
3/4 c Olive oil
1 ts Tomato paste
1/2 Fresh tomato
-- peeled and chopped
1 lb String beans
Parsley or mint; chopped
Salt and pepper
Water

Saute onion and garlic in olive oil until soft. Add tomato paste and
fresh tomato and simmer until sauce is slightly thickened. Add
string
beans and seasoning and enough water to cover. Cover and
cook until beans
are tender. Makes 4-6 servings.

Source: The Art of Greek Cookery,
by the Women of St. Paul's Greek Orthodox Church

Title: Fig Preserves (Syko Glyko)
Categories: Fruits, Preserves, Greek
Servings: 25

50 sm Green figs

Blanched almonds (optional)
3 c Sugar
3 c Water
1 tb Lemon juice
1 Strip of grapefruit peel
-OR- lemon peel

Wash figs and trim stems. Place figs in a large pan and cover with boiling water. Bring to a the boil and boil gently, uncovered, for 15 minutes. Drain and rinse with hot water. Return to pan and cover again with boiling water. Repeat boiling and draining process four times in all. Cook until figs are tender after last change of water (about 1 hour's cooking in all).

Drain figs, rinse with cold water and spread out on paper towels to dry.

Insert a whole or split almond into base of each fig if desired.

In a clean pan bring sugar and water to the boil. Add lemon juice and grapefruit or lemon peel and boil for 10 minutes. Add figs and boil over moderate heat for 10 minutes, skimming when necessary. Cover pan and leave overnight.

Next day bring pan contents slowly to the boil and boil gently until syrup is thick when tested. Put figs and syrup into sterilised jars, seal and store in a cool place.

Testing syrup: Drip a little syrup onto a cold plate. If drops do not spread, syrup is ready. If you have a sugar thermometer, cook to a temperature of 105 C (220 F).

Source: The Greek Cookbook - by Tess Mallos

Title: Kasseri, Tomato and Basil Crescents (Kasseropites)
Categories: Appetizers, Greek, Vegetarian
Servings: 8

1 / 2 c -Warm water
1 / 4 c Olive oil
1 / 4 c Red wine vinegar
1 Egg
1 ts Salt
3 c All-purpose flour; (sifted)
1 lb Kasseri cheese
-- coarsely grated
2 lg Tomatoes; chopped
1 / 4 c Chopped fresh basil
Paprika

Blend water, oil, vinegar, egg and salt in large bowl. Gradually stir in enough flour so dough pulls away from sides of bowl. Turn dough out onto lightly floured surface and knead until smooth and elastic, about 10 minutes. Shape dough into round. Grease bowl. Add dough, turning to coat surface. Cover with damp towel and let stand in warm draft-free area 30 minutes.

Preheat oven to 350°F. Grease baking sheets. Combine cheese, tomatoes and basil in bowl. Divide dough into 8 pieces. Shape each into smooth round. Roll each out on lightly floured surface to thickness of 1 / 4 to 1 / 8 inch. Spoon some of cheese mixture down center of each round. Fold

one side over filling; press edges to seal. Arrange crescents on prepared sheets. Sprinkle with paprika. Bake until cheese has melted and pastry is golden brown, about 40 minutes. Serve hot.

Source: Sofi Lazarides (Bon Appetit, 1987)

Title: Kakavia

Categories: Soups, Greek, Fish, Seafood

Servings: 8

1 c Sliced onions or scallions
-OR- leeks
1/2 c Olive oil
4 Tomatoes
-- peeled, seeded & chopped
1/2 Stalk fennel or celery
-- sliced
3 Sprigs fresh parsley
1 Bay leaf
2 Sprigs fresh thyme
1 c Dry white wine
5 c -Water, more if necessary
Salt
Freshly ground black pepper
4 lb Fish (3 or 4 kinds) *
-- cleaned and sliced
1 Lobster (optional)
-- cut up & claws cracked
1 lb Shrimp; peeled & deveined
1 lb Scallops (optional)
-OR- Mussels in shells
-- (scrubbed)
8 sl Bread (thick); toasted
Croutons

* Fish for poaching: bass, cod, hake, haddock, halibut, trout, pollack,

snapper, rockfish, whiting, etc.)

In a soup pot with a wide bottom, saute the onions in the oil, without

browning, until soft. Add the tomatoes, fennel, herbs, wine, and water

and bring to a boil. Season with salt and pepper to taste and simmer for

45 minutes. Pour the stock into a large bowl through a sieve, squeezing

all the pulp from the vegetables before discarding the fibers remaining in

the sieve. Return the soup stock to the pot and bring to a boil.

Meanwhile, lightly salt the fish and let stand for 10 minutes, then rinse

with water and lower into soup, adding water only if needed to cover the

fish. Lower the heat and simmer for 5 minutes, then add the lobster.

Cover and simmer 5 minutes longer, then add the shrimp and scallops or

mussels and simmer an additional 10 minutes. Taste and adjust the

seasonings.

Arrange the toast slices in large soup plates. Serve the varied fishes

and broth in each bowl, hot, with croutons in a separate plate.

NOTE: Kakavia is frequently made in the following variation:
Cook 2 to 3

fish with the vegetables and strain with the vegetables to make a thicker

stock. Continue to cook the remaining seafood as described above.

Source: The Food of Greece, by Vilma Liacouras Chantiles

Typing errors courtesy of: Karen Mintzias

Title: Aegean Sea Chowder (Psarosoupa Kakavia)
Categories: Soups, Greek, Fish, Seafood
Servings: 8

1 lb White fish
 -- cut into 2-inch pieces
1 1/2 lb Clams (if desired)
1 1/2 lb Crab (if desired)
1 1/2 lb Lobster (if desired)
1 1/2 lb Scallops (if desired)
1 1/2 lb Mussels (if desired)
1 1/2 lb Shrimp (if desired)
1 1/2 lb Baby octopus (optional)
1/4 c Olive oil
3 Onions; chopped
2 Garlic cloves; pressed
2 lb Canned peeled tomatoes
 -- including liquid
1 c Chopped mushrooms
4 Celery stalks; chopped
2 ts Salt
1/8 ts Cayenne pepper
1 Bay leaf
1/2 c Wine, red preferably
4 c -Water

Prepare fish and shellfish by cleaning and cutting into bite-size pieces.

Heat oil in a large pot. Fry onions and garlic on medium heat for 5 minutes. Add remaining ingredients, except seafood and bring to a boil.

Reduce heat and cover. Cook one hour.

Add fish and octopus, and cook 20 minutes. Add shellfish and simmer 5 minutes more. Serve hot with crusty bread and crisp salad.

Source: The Complete Greek Cookbook - by Theresa Karas Yianilos

Title: Fish Soup (Kakavia)
Categories: Soups, Greek, Fish, Seafood
Servings: 8

1 1 / 2 kg Fish trimmings
3 l -Water
Salt
Whole peppercorns
2 lg Onions; chopped
2 Garlic cloves; crushed
2 Leeks (optional)
-- white part only
1 c Chopped carrot
1 c Chopped celery (with leaves)
1 / 2 c Olive oil
2 c Chopped, peeled tomatoes
2 Bay leaves
4 Sprigs parsley
1 Sprig thyme
750 g Potatoes; peeled & sliced
Parsley; chopped

FISH (SEE NOTE)
1 1 / 2 kg Mixed whole fish
500 g Green lobster tails
500 g Large green prawns
2 tb Lemon juice

Obtain from the fishmonger fish trimmings such as heads and backbones.

Rinse well and place in a large pot. Add water, salt and 1 / 2 teaspoon
peppercorns and simmer for 2 hours. Strain stock and reserve.

Gently fry onion, garlic, chopped leeks, carrots and celery in oil for 10
minutes. Add chopped tomatoes, herbs tied into a bunch and reserved fish
stock. Season well with salt and freshly ground pepper. Cover and simmer
for 30 minutes. Add potatoes and boil for 5 minutes.

Reduce heat, add fish pieces and simmer 3 minutes, then add lobster pieces and prawns and simmer for 7-10 minutes until prawns turn pink and lobster meat is cooked. Do not boil when shellfish are added for they will toughen.

Pile fish, shellfish and potatoes in a serving dish, sprinkle with chopped parsley and keep hot.

Serve soup in a tureen as a first course with crusty bread, then follow with seafoods and potatoes served with lemon wedges and a cruet of olive oil. Alternatively soup, potatoes and seafoods may be served together in deep plates.

NOTE: Fish and shellfish preparation: Fish suitable are snapper, mullet, eel, whiting, john dory and bream. Cut into 5 cm (2 inch) slices and sprinkle with lemon juice. Add heads and trimmings to fish stock. Cut rinsed lobster tails into 5 cm (2 inch) pieces with shell on. Shell and de-vein prawns.

Source: The Greek Cookbook by Tess Mallos
Typos by: Karen Mintzias

Title: Sheftalia (Barbequed Sausages)
Categories: Greek, Cypriot, Meats
Servings: 50

500 g Finely ground fatty pork
500 g Finely ground veal or lamb
1 lg Onion; finely chopped

-or- grated
1 1/2 c Finely chopped parsley
2 ts Salt
250 g Panna (caul fat from pig)

Combine pork with veal or lamb, onion, parsley, salt and a generous grinding of black pepper.

Dip panna into a bowl of warm water for a minute or two, remove and carefully open out a piece at a time, laying it out flat on work surface.

Cut with kitchen scissors into pieces about 10 cm (4 inches) square.

Take a good tablespoon of meat mixture and shape into a thick sausage about 5 cm (2 inches) long. Place towards one edge of piece of panna, fold end and sides over meat and roll up firmly. Repeat with remaining ingredients.

Thread sausages on flat sword-like skewers, leaving space between them.

Number on each skewer depends on their length.

Cook over glowing charcoal, turning frequently. Do not place too close to

heat as sheftalia must cook fairly slowly so that the inside is well

cooked and the outside nicely browned without being burnt.

The panna

melts during cooking, keeping the meat moist and adding flavour.

Excessive flaring of fire can be controlled by a sprinkle of water on the

coals. Serve sheftalia as an appetizer or a main course.

Source: The Complete Middle East Cookbook, by Tess Mallos

Title: Htipiti
Categories: Greek, Appetizers
Servings: 6

1 / 2 lb Feta
3 tb Olive oil
1 md Italian pepper
 -- seeded & finely chopped
1 Pickled green pepper
 -- seeded and chopped
2 ts Oregano
Pepper to taste
1 / 2 Lemon; strained juice only
Black olive; for garnish

Htipiti (pronounced h-tee-pee-TEE and translated as "that which is beaten") is the name Macedonians gave to this tart feta spread. The longer it is beaten, the more tart it will be.

In medium-size bowl, mash feta with fork or potato masher and slowly add olive oil, chopped peppers, oregano, and black pepper. Pulverize mixture for about 10 minutes (less if using a food processor), pouring in lemon juice a little at a time, until feta is creamy. Cover and refrigerate at least 1 hour before serving. Yields about 1 cup.

Source: The Food and Wine of Greece, by Diane Kochilas (St. Martin's Press)

Title: Honey Cookies (Melomakarona)
Categories: Cookies, Greek

Servings: 60

1 c Butter
3/4 c Caster sugar
3/4 c Maize or peanut oil
1 Orange; grated rind only
6 c Plain flour
4 ts Baking powder
3/4 c Orange juice

--NUT FILLING (OPTIONAL) --

1 tb Honey
2 ts Orange juice
1 1/2 ts Ground cinnamon
1 1/2 c Finely chopped walnuts
2 dr Almond essence

--HONEY SYRUP --

1 c Sugar
1 c Water
1/2 Cinnamon stick
1 1/2 ts Lemon juice
1 Thin strip of lemon rind
1/4 c Honey

Oven temperature: 180 C (350 F)

Beat butter and sugar with orange rind until creamy. Gradually add oil and continue beating until mixture is very light and fluffy. Stir in flour alternately with orange juice. Knead dough lightly with hands for 1 minute.

Take a scant tablespoon of dough and flatten it a little. Place a teaspoon of the nut filling in the centre and fold dough over to enclose filling.

Shape into ovals, pinching ends to a point. Decorate tops with tines of fork or by crimping cookies diagonally across top in four rows with

special crimper (see NOTE), or leave them plain.

Place on lightly greased baking trays and bake in a moderate oven for

20-25 minutes until golden brown. Cool on wire racks.

Dip in boiling syrup, four at a time, turning cookies once. Leave in

syrup 10 seconds in all, longer if well-soaked cookies are preferred.

Lift out onto a plate and leave until cool.

(If no nut filling is used, sprinkle tops with crushed walnuts or toasted

sesame seeds and cinnamon. Only those which are to be served should be

dipped; store remainder in an airtight container and dip when required.

TO MAKE NUT FILLING: Thin honey down with orange juice and blend into

remaining ingredients.

TO MAKE HONEY SYRUP: Place ingredients in a heavy-based saucepan and stir

over heat until sugar dissolves. Bring to the boil and boil over moderately high heat for 10 minutes and skim. Let syrup boil on a

moderate heat while dipping cookies. Add a little water to syrup when it

thickens too much during dipping.

NOTE: Icing crimpers will be familiar to many pastrycooks and cake

decorators who work with icing. If you don't own a crimper (or have never

seen one), have the family handyman cut a piece of tin or aluminium plate

about 2.5 x 10 cm (1 x 4 inches). Bend metal in half over a thin rod and

cut 6 to 8 evenly spaced saw-like teeth on the narrow edges. Curl the

"teeth" slightly inwards.

Source: The Greek Cookbook, by Tess Mallos
Typos courtesy of: Karen Mintzias

Title: Melomakarona Andonias
Categories: Cookies, Desserts, Greek, Vegan
Servings: 48

7 c All-purpose unbleached flour
Extra flour for kneading
1 1/2 ts Baking soda
1/4 ts Salt
1 3/4 c Mild olive oil
1 1/4 c Sugar
1/2 c Cognac
-OR- mavrothaphne wine
-OR- ruby port
3 Oranges; zested and juiced
4 ts Freshly ground cinnamon
1 1/2 ts Freshly ground clove
3/4 ts Freshly grated nutmeg

SYRUP

1 lb Honey; (1 lb = about 2 cups)
1 c Sugar
1 1-inch piece of cinnamon
1 Clove
1 Lemon; zested and juiced
1 c Water

----TOPPING ----

1/2 c Shelled almonds
1 tb Sugar
1 ts Freshly ground cinnamon

Author's note: These cakes are traditionally served at Christmas. This recipe comes from my neighbor, Andonia. I have a distinct memory of her beating the oil and sugar into the flour until it dissolved using her

middle finger and forefinger as a beater - though a spoon will do.

Start by making the syrup. Put the honey, sugar, cinnamon, clove, and lemon zest in a saucepan and add the water. Bring to a boil and simmer for 5-10 minutes. Add the lemon juice, then chill.

To blanch the almonds, plunge them into boiling water for 1-2 minutes, until you see signs of their skins loosening. Then drain and slip them from their skins onto a baking sheet. Toast them in an oven preheated to 350 F for about 10 minutes - just until they begin to color. Cool, then chop them very, very finely - if you do this in a food processor, make sure that the pulses are short, or the nuts could turn oily. Mix the ground almonds with the sugar and cinnamon and reserve.

Sift the flour, baking soda and salt together. Put the olive oil and sugar in a large bowl and beat together - with your fingers like Andonia - or with a wooden spoon. Beat in the Cognac, the orange zest, spices, and juice from 2 oranges (about 1/2 cup).

Then beat in the flour, a few spoonfuls at a time, until you have a malleable dough, adding more flour if it is too soft, and more orange juice if it is too stiff. Turn the dough onto a floured surface and knead for 10-15 minutes until very smooth.

Pinch off pieces of dough of about 2 tablespoons and form into flattened oval or lozenge shapes. Place them on an oiled or non-stick baking sheet.

Bake in an oven preheated to 400-425 F for about 20 minutes, until brown.

When they are cool enough to handle, dip them in the bowl of syrup for

about 1 minute. Remove with a slotted spoon and place on a tray to cool.

Sprinkle with the chopped almond mixture.

Source: Recipes from a Greek Island, by Susie Jacobs

Title: Roast Lamb with Potatoes (Arni Psito me Patates)

Categories: Greek, Main dish, Meats

Servings: 8

1 Leg of young spring lamb

3 Garlic cloves

Salt and pepper

4 tb Butter; melted

1 Lemon; juiced

20 sm Potatoes; peeled

Salt

2 tb Tomato paste

2 c -Hot water

Wash leg of lamb. Slit with sharp knife in various places on both sides

of lamb. Slice garlic thinly and insert the slices in slits made in lamb.

Season with salt and pepper and brush with melted butter.

Squeeze lemon

juice over lamb and place in roasting pan, fat side up. Roast at 450 F

for 1 / 2 hour.

While lamb is browning, sprinkle potatoes with salt, rub with tomato

paste, and let stand for a few minutes. Add potatoes to the baking pan

with the water and lower oven temperature to 350 F. Turn and baste the potatoes occasionally during the roasting period. When lamb is done, remove to hot serving platter and keep warm. Increase oven temperature to 425 F and brown potatoes for 20 minutes longer.

Source:

The Art of Greek Cookery by the Women of St. Pauls Greek Orthodox Church

Title: Revani (Semolina Cake)

Categories: Cakes, Greek, Desserts

Servings: 16

1/2 c All-purpose flour
1/2 ts Baking powder
1 1/3 c Fine semolina or farina
4 lg Eggs; separated
1/2 c Sugar
1/2 c Olive oil
2 Lemons; grated zest only
1/2 ts Almond extract
1/2 c Orange juice
1 ts Vinegar; for the bowl
1/16 ts Cream of tartar
1/2 c Blanched, slivered almonds

SYRUP

3/4 c Sugar
2 Lemons; zested and juiced
1 1/2 c -Water
1/4 ts Almond extract

Make the syrup ahead. Combine the sugar, lemon zest and juice, and water

in a saucepan. Bring to a boil, simmer for 5 minutes then add the almond extract. Remove and chill overnight.

Line a 10-inch-square cake pan, that is at least 3-inches deep, with parchment. Sift together the flour and baking powder, then stir in the semolina. Beat the egg yolks, sugar, olive oil, lemon zest, and almond extract together until pale and creamy. Beat in the flour mixture, splashing with orange juice to moisten it.

Wipe a mixing bowl with a cloth moistened with vinegar, then put in the egg whites. Beat with the cream of tartar until stiff peaks form, then fold into the batter. Pour into the pan and sprinkle with the almonds.

Bake in an oven preheated to 350 F for about 45 minutes until golden brown. Remove from the oven and, while still hot, cut into squares. Slowly pour the chilled syrup over it.

Makes 16 slices

Source: Recipes from a Greek Island, by Susie Jacobs

Recipe via Meal-Master (tm) v7.07

Title: Boned Oysters

Categories: Greek, Ancient, Seafood

Servings: 1

12 Oysters, fresh or frozen

1 c Flour

1/2 c Oil

*Use only the large Asiatic oysters caught in the Indian Ocean, Black Sea,
or the Persian and Arabian gulfs.*

*Use the delicious white meat only. Discard the round white bone
sometimes
discovered inside the shell -- or give it to some Persian. They seem to
prefer these bones to gold; they call them "pearls".*

Drain oysters. Roll in flour. Heat oil until hot in a large frying pan.

**Fry oysters on medium-high heat for 5 minutes turning over once. Sprinkle
with seasonings and serve.**

Source: Chares of Mytilene, Lesbos (an historian of the third century)

The Complete Greek Cookbook, by Theresa Karas Yianilos